TORONTO
metro®
Tuesday, October 2, 2012
News worth sharing.
metronews.ca | twitter.com/metrotoronto | facebook.com/metrotoronto

"Something big is here" say witnesses

If you happened to be at the corner of East Nadler St and Wells Avenue last night, you may have witnessed something surprising, to say the least – a pair of giant dice rolling down the street. "It was unbelievable," said a witness who wished to remain anonymous. "We were literally having a coffee and a huge shadow crossed our table."

Other area folks had equally excited reactions. Bus driver William Tell described it as "like something out of a movie. Like, a good movie where there's lots of action and stuff and everyone's excited to see what's going to happen next, you know?"

At press time, it remained to be seen exactly what the dice represent for Multiple Lotto. Some report that the dice landed at the corner of a popular corner store.

"This is a big deal for local residents," said Howe." This is the thing I've been looking forward to my whole life. I knew that giant dice were out there and to finally see them, well, I can't tell you how excited it makes me." Ms. Howe also offered that she expects to see "more giant dice activity" in the days and months to come.

streets.

roll

by the appearance of giant dice all over our city streets.

Some say the dice were just a promotion, designed to create excitement for a new lottery game called MEGADICE Lotto.

But it's this humble

enjoying such a beau
ful evening. Is it a coin
cidence that these gia
dice would show up a
create such a power-
ful buzz on the night
when the most pos-
sible people would see
it? Something tells me
this masterstroke was

, you get a chance
win right there in
he store, with an ani-
mation that plays out
right in front of you that
shows you your own
personal roll of the dice.
It's a powerful moment
of excitement, but it
doesn't end there. Next,
the clerk hands you
a ticket. What's this?
Another ticket? Turns
out it's the same ticket!
Yes, you heard that
right, folks. This game
is so action-packed you

get two chances to win.
The second winning
opportunity takes place
at night. Every night of
the week there's a draw
for $100,000. With
every play you get two
chances to win.

So what does this
mean to the average
consumer out there?
Well, I can tell you that
there was a real feeling
of excitement out there
last night, and there's
no sign of it abating
anytime soon.

NEW

WIN
UP TO $7,500
ON THE SPOT

WIN
UP TO $100,000
IN THE NIGHTLY DRAW

2 THRILLS FOR 2 BUCKS

1. **ASK THE RETAILER FOR A MEGADICE LOTTO TICKET**
2. **WATCH THE SCREEN TO WIN UP TO $7,500 ON THE SPOT**
3. **KEEP YOUR TICKET TO WIN UP TO $100,000 IN THE NIGHTLY DRAW**

YOU COULD BE A WINNER!

Know your limit
Play within it
knowyourlimit.ca

olg.ca
1-800-387-0098
OLG

Learn how modernizing Lottery and Gaming can benefit you. Visit **ModernOLG.ca**

JUDGED ON HER BODY OF WORK

AGUILERA SAYS SHE WAS TOLD NO ONE WOULD BUY HER MUSIC UNLESS SHE STAYED SKINNY. HER RESPONSE TO LABEL REPS NOW: 'YOU ARE WORKING WITH A FAT GIRL ... GET OVER IT' PAGE 16

Learn how modernizing OLG can benefit you. Visit ModernOLG.ca

$8,000,000 estimated

LOTTO 649

Wednesday's Jackpot

TORONTO metro®

Tuesday, October 2, 2012

News worth sharing.

metronews.ca | twitter.com/metrotoronto | facebook.com/metrotoronto

Sustaining T.O. 'boom' will be no easy task

Vital Signs report. Growing concern that Toronto isn't prepared for what should be the city's 'golden years'

MATT ELLIOTT
toronto@metronews.ca

A new 2012 Vital Signs report from the Toronto Community Foundation paints a picture of a city on an upward path. But that path is threatened if issues like mounting inequality and a lack of affordable housing go unaddressed.

Toronto fits a familiar personality type. After a sleepy period and a bumpy ride called amalgamation, the Big Smoke is now more mature and finding a lot of outward success. It's boom time.

But there's growing concern that our city isn't exactly prepared for what should be its golden years.

Many of the top-line statistics in the report point to the city's success on the world stage.

Toronto continues to rank as one of the planet's most livable cities. We're fifth in prosperity, 12th in economic competitiveness and are the fourth best place in the world to launch a tech startup.

The cranes on the skyline don't lie: Toronto's building sector is on fire, with the number of highrises under construction doubling over the last year. And 97 per cent of us now describe Toronto as safe — an upward trend.

But the news isn't all good. The data points to inequality on the rise in Toronto, as the city does a questionable job supporting a next-generation workforce. Toronto's median age is increasing as potential Torontonians find themselves priced out of the city and unable to access jobs or community supports.

The report reveals immigrants to Canada are choosing to live elsewhere — and no wonder, since we boast some of the most unaffordable housing prices in Canada.

Things look bleak for other demographics, as well. For youth aged 15-24, the unemployment rate has risen by 51 per cent since 2001. And for new parents, the waiting list for affordable childcare is more than five times longer than it was only seven years ago.

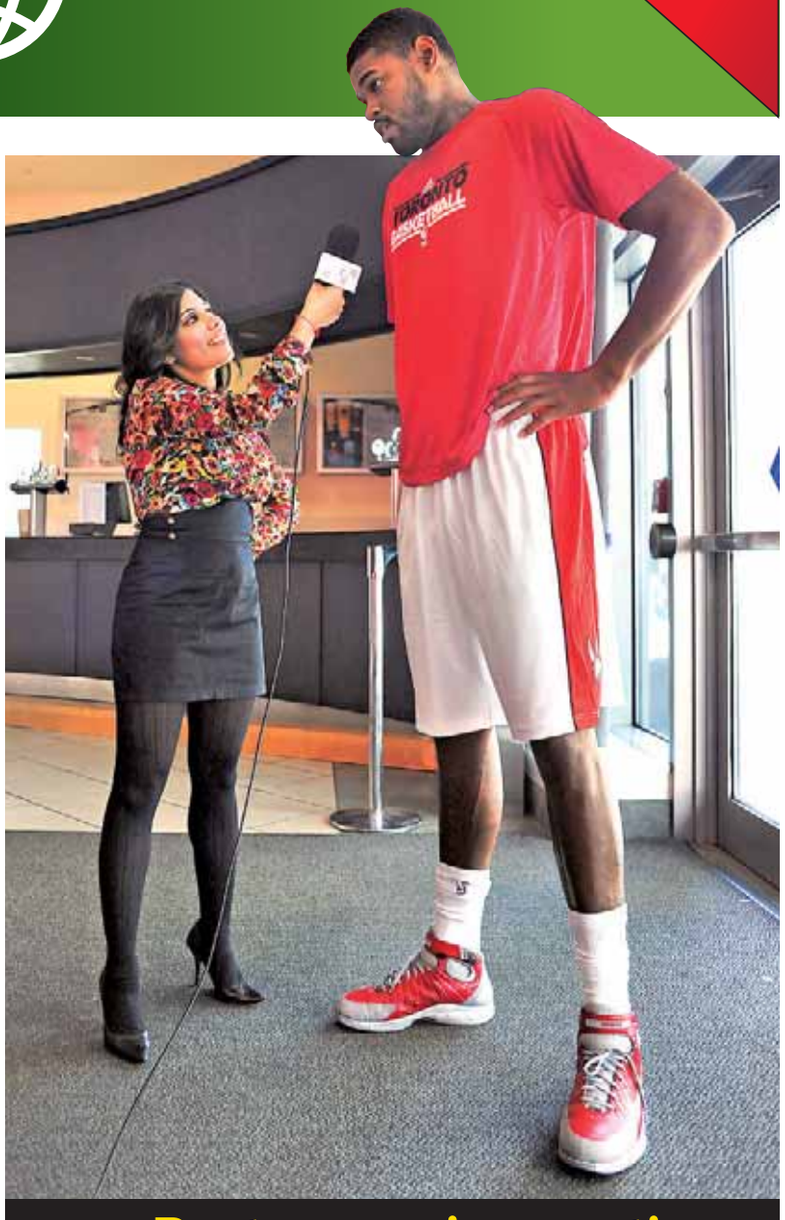
With an aging workforce and growing inequality, Toronto looks like a successful city with a too-fragile future. Neglecting fundamentals like affordable housing and social supports for newcomers and youth is exactly how a boom town goes bust.

MORE VITAL SIGNS COVERAGE, PAGE 6

Not willing to settle

The Vital Signs report reveals that immigrants to Canada are now choosing more affordable locales.

- The number of new permanent residents who settled in Toronto declined by 20% in 2011.



Raptors preview creating a HEIGHTENED FRENZY

Toronto Raptors' veteran backup centre Amir Johnson, who is six feet and nine inches tall, is interviewed during the NBA team's media day in Toronto on Monday by a reporter from Raptors TV. The Raptors pre-season starts on Oct. 8, and the city is abuzz over how well the team will do this season. More coverage, pages 33 and 35. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Ikea's missing women

Saudi Arabia's version of the 2013 Ikea catalogue has images of women erased from its pages. The company is now apologizing for the move PAGE 10

No Doubt, she looks so fine

We love Christina's confidence, but for those who want to get toned and trim down, Gwen Stefani's trainer shares his tips PAGES 21-22

Teachers take a trip to Niagara

Mississauga teachers and administrators held a professional development retreat in Niagara Falls, and some say it's just bad PR PAGE 5

Buytopia.ca negotiates incredible, limited time discounts up to 90% off popular Toronto businesses by arranging a group discount

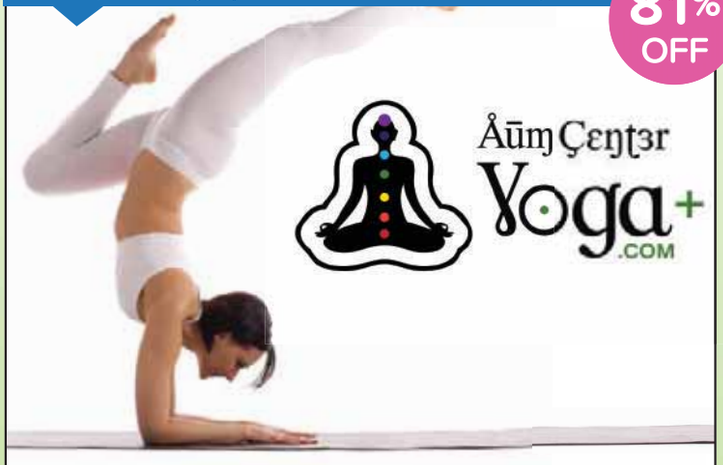
Limited Time to Buy, 1 Year to Redeem!

buytopia.ca™

Because life is better at 50 - 90% off

Must buy from **buytopia.ca** before **11:59pm Thursday Oct 5**

81% OFF



~~$150~~ **$29** for 15 **OR**
$39 for 25 **Yoga Classes**

- Choose from a dozen styles including Hot Yoga, Hatha, Vinyasa & more!
- New, state-of-the art yoga facility with two studio spaces located in Downtown Toronto

Must buy from **buytopia.ca** before **11:59pm Friday Oct 5**

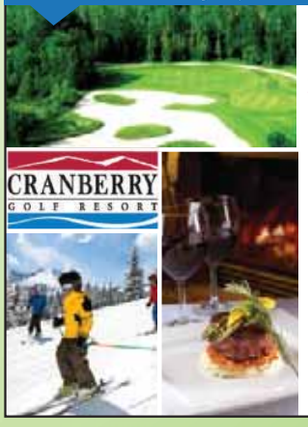
83% OFF

~~$200~~
$35 for a **30-Minute Massage**, **30-Minute Facial** AND a **Salon Package** including **Deep Conditioning Treatment, Blowout & Style**

- Gorgeous, state-of-the art facility in Downtown Toronto
- Relax & refresh at a fraction of the price

Must buy from **buytopia.ca** before **11:59pm Thursday Oct 4**

79% OFF



~~$460~~
$99 for a **2-Night Collingwood Ski** or **Golf Getaway** for **2** with a **$40 Dining Voucher**

PLUS YOUR CHOICE OF:
One **Night Ski Ticket** OR **Two Rounds of Golf** OR a **$30 Spa Voucher** OR **2 Movie Tickets**

Must buy from **buytopia.ca** before **11:59pm Friday Oct 5**

92% OFF

~~$250~~
$20 for **20 Dance Classes** Including **Salsa**, **Hip Hop** & **More**!

- improves fitness with fun, engaging classes
- Located in Downtown Toronto

Must buy from **buytopia.ca** before **11:59pm Thurs Oct 5**

50% OFF

$20 for ~~$40~~ Worth of Delicious **Korean Cuisine**

- ★★★★ on Urbanspoon
- Authentic dishes made using traditional, quality ingredients from Korea

USE PROMO CODE: **metro2ot**
FOR A CHANCE TO WIN A $500 CREDIT TO buytopia.ca*
*one person will be drawn every month to win, must enter promocode at purchase. Winner will be contacted by email.

Refer a friend to these deals & earn up to **$50**

Questions about these incredible offers? Call us toll free **1.855.442.2220**

These deals must be purchased at WWW.BUYTOPIA.ca

Master agreement

TTC role in LRTs still under discussion

The TTC could still be driving the city's new provincially owned LRTs when they open in eight or nine years, after all.

Metrolinx publicly confirmed about two weeks ago it would be awarding the maintenance and operation of the new light rail lines to a private operator, cutting the TTC out of Toronto transit for the first time in nearly 100 years.

Behind the scenes, however, the two sides are still talking about how to keep the TTC in the picture.

City officials are optimistic that the master agreement — the document the city, the TTC and Metrolinx are negotiating that sets out who controls which aspects of the construction, maintenance, financing, operation and design of the lines — will include an operating role for the TTC. TORSTAR NEWS SERVICE

North York 'health spa'

Woman testifies in police sex-assault trial

A woman took the stand Monday to recount the morning she testified she was forced to perform oral sex on a Toronto police officer.

Det. Const. Mandip Sandhu from 31 Division, who is currently suspended from duty, has pleaded not guilty to a charge of sexual assault.

The 44-year-old masseuse told the court that the officer sat down on the bed and unzipped his trousers at the North York "health spa" where she was working on June 3, 2010.

"I was scared," she said. "I closed my eyes and just did what was I was told to do." TORSTAR NEWS SERVICE

David Mirvish, left, and Frank Gehry spoke to the media Monday in the Baillie Court at the Art Gallery of Ontario regarding the plans to demolish the Princess of Wales Theatre and replace it with a new project consisting of three towers containing retail, residential and gallery space. COLIN MCCONNELL/TORSTAR NEWS SERVICE

Before the 'sculpture' comes the red tape

Architecture. Project will have to go through a raft of approvals, negotiations

The city is abuzz about David Mirvish's skyline-changing development, but there are still years of negotiations and planning ahead.

Developers of the project submitted an application to the city Monday in conjunction with a news conference formally announcing a three-building complex designed by renowned architect Frank Gehry.

"I am not building condominiums, I am building three sculptures for people to live in," said Mirvish, the son of Honest Ed's founder Ed Mirvish, who built a sprawling entertainment empire across Toronto.

Located at King and John streets, the project consists of three towers each as tall as 85 storeys, containing retail, residential and gallery space.

The gallery will house Mirvish's substantial art collection, considered one of the finest in the country, for free public viewing. The bottom six storeys will house retail stores and restaurants.

"We have this image of Toronto that doesn't exist anymore and we're longing with nostalgia for it," said Gehry, who is originally from Toronto and designed the recent remodel of the Art Gallery of Ontario.

But before any of these visions can be realized, the city planning department must sign off on the project and council has to approve it.

Peter Kofman, president of developer Projectcore Inc., hopes the process will take between eight and 12 months, but the city's chief planner thinks otherwise.

"Could it be done under two years? Absolutely. But that would be a relatively aggressive timeline," said chief planner Jennifer Keesmaat, adding there will be ample public consultation.

The project is slated to have 2,709 units ranging from 450 to 1,100 square feet. One tower will host a 25,000-square-foot campus for OCAD University, and another a 60,000-square-foot gallery. TORSTAR NEWS SERVICE

King St. W.-Ed Mirvish Way

Coun. Adam Vaughan has pushed for 10 per cent of units in new developments to be three-bedrooms, to accommodate families.

- "Every project in the ward is expected to meet that threshold," he said. "David Mirvish understands that, and Frank Gehry is a huge proponent."
- If the plan gets council approval, construction will begin first on the easternmost tower, slated for the corner of King Street West and Ed Mirvish Way.

1 NEWS

On the web

Qriket

A skateboarder and a deer go head-to-head. Who wins? Scan the code to see it for yourself.

Get Out of Debt
Without Bankruptcy - Without Loans

CALL THE Licensed Debt Professionals™ FREE CONSULTATION 310-9200
(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Credit Counsellors · Licensed Proposal Administrators · Trustee in Bankruptcy
www.DavidSklar.com
David Sklar
C.A., CIRP, Trustee

News in pictures

1

2

3

4

5

1 Good clean fun. Blue Flags fly at eight Toronto beaches

Eight of Toronto's 11 beaches are again flying 'Blue Flags' that identify them as some of the cleanest in the world. VINCE TALOTTA/TORSTAR NEWS SERVICE

2 Emerald ash borer. Ash trees face grave danger

About 860,000 ash trees in Toronto are threatened by the emerald ash borer and expected to die within the next six years. HENRY STANCU/TORSTAR NEWS SERVICE

3 Bookworms. City library system boasts circulation of 33 million

Toronto has the largest neighbourhood-based library system in the world, with circulation growing to 33,252,235 visitors, the highest in North America. RICHARD LAUTENS/TORSTAR NEWS SERVICE

4 On the rebound. Film, TV and commercials going strong

Toronto's film, television and commercial production rebounded in 2011, posting its strongest production spending in a decade. These sectors, along with digital media, earned more than $1.13 billion in 2011. TORSTAR NEWS SERVICE FILE

5 Size matters. Obesity prevalent among adult Torontonians

Almost 43 per cent of Torontonians over 18 years of age are overweight or obese. RENE JOHNSTON/TORSTAR NEWS SERVICE

Jobs. Many young people in Toronto unemployed

Though Toronto is one of the top five most attractive places for young workers, according to a new report by the Toronto Community Foundation, many young people are struggling to find jobs in the city.

About 17 per cent of Torontonians between 15 and 24 were unemployed last year — much higher than the national youth unemployment rate at about 14 per cent.

The youth contingent is bringing the city's overall unemployment levels down, which fell to almost 61 per cent in the first half of this year. Again, Toronto's numbers totaled much higher than the national unemployment average.

The report partially attributes youth unemployment to the disappearance of mid-level jobs and increased employment among seniors. ALEKSANDRA SAGAN/FOR METRO

Transportation. Regional network vital, report says

As the TTC and GO Transit shuttle higher commuter volumes, the government needs to agree on a funding strategy to create an improved regional transit network, according to a new report by the Toronto Community Foundation, and make transit more equally available across the Greater Toronto Area.

Over the next three decades, the Greater Toronto and Hamilton Area will need to pay $50 billion to upgrade transit. The GTHA will have to spend about $4 billion yearly to cover the costs of its transit needs.

The City of Toronto is starting to build rapid Light Rail Transit lines to serve hard-to-access inner suburbs. The only glitch is that there is no "affordable, long-term funding strategy" for transit in the region, according to the report. ALEKSANDRA SAGAN/FOR METRO

Vital Signs' economic praise overshadows affordable housing slide

Down by 40 per cent. Affordability has deteriorated since 2004 and still eroding, according to report

ALEKSANDRA SAGAN
toronto@metronews.ca

Despite Toronto topping a list of Canadian cities with the most economic momentum two years in a row, the city still has some major challenges to overcome. For Torontonians, housing affordability and a growing divide between the classes are two major concerns, according to a new report by the Toronto Community Foundation.

Toronto housing is growing more out of reach for many residents. Since 2004, affordability has deteriorated by 40 per cent and continues to erode, according to the report.

Only four Canadian cities — all in B.C. — are more expensive than Toronto. In June 2012, average home prices rose to more than $550,000 — an eight per cent increase from the previous year — with a standard, two-storey house in the city racking up an almost $700,000 bill.

People take a break from their work day to spend time at the "garden car" at Kensington Market on Sunday. Toronto's economy is flourishing, but that's in stark contrast to affordable housing in the city. DANA FLAVELLE/TORSTAR NEWS SERVICE

For those who cannot afford skyrocketing home ownership costs or choose to rent, the lowest rental vacancy rates in a decade make it increasingly more difficult to find an apartment. In 2011, a growing number of young adults wanting to rent helped rental vacancy rates plummet below two per cent. A city can confidently supply rental housing when vacancy hovers between three and four per cent, according to the report.

While the city is reaching its goal of building 1,000 new affordable rental units each year, that supply does not come close to reaching demand, according to the report. The monthly social housing waiting list had more than 68,000 households hoping for a spot at the end of last year.

The city's other worry should be its disappearing middle class, according to the report, which will be almost non-existent by 2025. Meanwhile, low- and high- income areas will have grown exponentially. "Almost 60 per cent of Toronto neighbourhoods could be low-income," according to the document.

The city must focus on single, adult men who have emerged vulnerable from the recent recession, and continue to target and help at-risk communities.

Green Toronto Awards

Water initiatives recognized

Two winners of the 2012 Green Toronto Awards are helping Torontonians cut back on bottled water.

In the water efficiency category, Water on Wheels (WOW) won for its mobile water refill stations. Since 2010 WOW has been helping special events in Toronto cut down on the use of commercially bottled water.

Natalie Rizzo was the winner in the Youth Leadership category for her successful campaign to make every school in the Toronto Catholic District School Board bottled-water free. Her actions included letters to 201 school principals and a national student rally. METRO

Childcare

Waiting list for subsidy lengthens

In July 2012, there were 21,605 children on the city's waiting list for a childcare fee subsidy, an increase of 9.1 per cent in just nine months, and up 21 per cent from June 2010.

Toronto has lost over 3,100 childcare centre spaces since 2010, although an increase in home-based licensed childcare brings the total to 57,000 spaces in 2012 (stable compared to 2010 and 2011). According to the most recent census, there are now 268,575 children (0-9) living in Toronto. About one in five children (21 per cent) is served by the available licenced childcare spaces. METRO

Range tees up for closure

Brett Hall, 14, and his mother, Anne Martin, examine one of his golf clubs at Beach Fairway Golf Range, on Victoria Park Avenue, north of Gerrard Street East on Monday. The driving range is closing on Thanksgiving Day, because the city has refused to renew the lease on the land. TORSTAR NEWS SERVICE

PD day in Niagara raises eyebrows

$5,500 bill. Taxpayers to pay for retreat near Fallsview Casino for 18 Mississauga teachers and administrators

Taxpayers will foot the bill for an overnight retreat last week in Niagara Falls for 19 Mississauga teachers and administrators, who held a professional development day steps from Fallsview Casino.

With public spending under the microscope, including Toronto Mayor Rob Ford's business trip to Chicago, Vaughan City Council's trade mission to Italy, and wage freezes and spending cuts across Ontario school boards, some might say a Niagara retreat may not have been the best public relations gambit.

"Some would say the optics aren't good," said Peter Ferreira, one of three trustees for St. Aloysius Gonzaga Secondary School in the Dufferin-Peel Catholic District School Board (DPCDSB).

The school board said the approximate $5,500 bill — which covered accommodation, food and supply teachers for the retreat held on Thursday and Friday — were a savings compared to a local retreat.

Bruce Campbell, spokesperson for the DPCDSB, said that by heading to Niagara Falls after school Thursday and working that night, the board avoided paying for two days' worth of supply teachers.

The trip did not use student funds, Campbell added.

But both Ferreira and Sharon Hubin, another trustee for the Mississauga high school, were surprised the PD wasn't held in the school.

"The majority of my schools do their PD days in their school," Hubin said cautiously, noting this was the first she had heard of the trip to Niagara Falls.

TORSTAR NEWS SERVICE

TDSB decision. Half of students to miss cross-country meets

On your mark, get set — never mind. (About half of you, that is.)

More than half the Toronto elementary schools that normally participate in fall cross-country meets will not take part this week because they aren't registered, largely because of scattered teachers' boycotts, and will not be permitted to go under the rules of the teachers' group that runs the popular events.

The Toronto District School Board has decided not to let unregistered schools attend, despite many parents' offers to supervise, in order to comply with the safety rules for track meets set by the Toronto District Elementary School Athletics Association (TDESAA), the teachers' group that volunteers to organize the fall runs.

The board's last-minute decision Monday caught many families by surprise the night before two meets are to take place. An earlier plan last week had suggested that all schools could attend by having head office staff help run the events. TORSTAR NEWS SERVICE

Not insured

- The board has always said it is not insured if students take part in a school-related event, on or off-site, without board staff present, regardless of whether parent volunteers go along. This is why using central staff had seemed like a solution.

Sexual assaults

U of T eyes heightened library security

The University of Toronto may increase security at Robarts Library after a sexual assault last month.

Police allege that on three occasions between Jan. 25, 2011, and Sept. 17, 2012, a man sat down beside a woman in the library and sexually assaulted her.

George Williams, 50, of Toronto, was charged in September with three counts of sexual assault in connection with the incidents.

Those events "made us think very carefully" about "further tightening the ability of non-U of T people" to enter the library, chief librarian Larry Alford said.

On most days during the school year, only people with valid University of Toronto identification are permitted to access the library after 11 p.m. Alford has struck a committee that will examine whether to restrict access further.

The library has its own guards who patrol the library regularly, as well as surveillance cameras in "strategic places," Alford added. "We are looking at enhancing those (cameras) and adding them to even more locations." TORSTAR NEWS SERVICE

Baristas with bachelor degrees: Youth flunking on the job market

Vital Signs report. Study shows troubling portrait of educated Canadians who are buried in loans but lack opportunities

SEAN MCKIBBON
Metro in Ottawa

Canadian youth are more educated than ever, but it's not opening the same doors for them as it did for their parents, states a new report titled Vital Signs from the Community Foundations of Canada, being released Tuesday.

"The linear path from school to career, home ownership, and family has disappeared," said Ian Bird, president and CEO of Community Foundations of Canada.

Bird said Canadians between the ages of 18 and 34 face increased competition for jobs from older workers and globalization.

As a result they have trouble paying crippling student loans, suffer from disengagement with society and many also struggle with a host of mental-health disorders.

"We've experienced tuition growth of over 200 per cent in past 20 years and a debt load that's unprecedented. There's rising cost of living in major urban centres and then you have the delay in getting into the labour force. That confluence of factors is fundamentally different than it was 20 to 25 years ago," said Bird, who called the situation for youth "alarming."

He added Canadian society must bridge the gap between generations now or it won't have the means to do so in the future as waves of retiring baby boomers will begin to erode tax revenues.

While the report says most Canadian youth are doing well academically, it also raises alarms about high dropout rates among rural and aboriginal communities.

In this screen grab from Fox's TV series New Girl, Jess (Zooey Deschanel) works as a shooter girl after being laid off from her teaching job. More and more Canadian youth are finding themselves shelving their degrees due to a lack of employment opportunities in their field, a new study finds. CONTRIBUTED

Do the math

50%
The Vital Signs report says youth, who constitute 16 per cent of the Canadian workforce, accounted for 50 per cent of the recession job losses in Canada.

250K
Youth employment stands 250,000 jobs below the pre-recession peak.

1/3
One out of three 25- to 29-year-olds with a college or university diploma moved into low-skilled occupations after graduation.

70%
In low-income communities, dropout rates can be more than 70 per cent vs. 6-11 per cent in affluent neighbourhoods.

ADVERTISEMENT

Ways to Pay off a Mortgage Faster

Become mortgage-free sooner with these tips.

There are several ways to reduce your mortgage debt and pay-off your mortgage faster. Some of these variables include: interest rates, payment frequency, amortization period, and extra payments. By managing these factors, you can get the most out of your mortgage, pay the least amount of interest possible and most importantly, becoming mortgage-free.

Choose a shorter amortization period: The longer the amortization period, the more interest paid and the longer it will take to become mortgage-free. A shorter amortization period will make regular mortgage payments higher, as the number of mortgage payments is being reduced. If you're able to afford higher monthly payments, consider selecting a 15 to 20-year amortization period instead of a 25-year period.

Bi-weekly payments: Selecting biweekly mortgage payments instead of monthly or bi-monthly payments equals two additional payments each and every year. This may not seem like much, but over the course of your mortgage it adds up. For a small change, biweekly payments produce big results.

Additional payments: Paying more on your mortgage is always a good idea; particularly since any additional payment will go directly towards paying off the principle and not toward interest – which immediately and significantly reduces your amount owing. Look for mortgages that allow you to increase your monthly payment or pay in lump sums. Many mortgages allow this annually to a maximum of 20% of the principle. If you also need to build up you retirement fund then consider contributing all you are able to your RRSP and using your tax refund towards your mortgage for double the benefit.

Refinance: As mortgage rates fluctuate, consider refinancing your mortgage to lower your payments and reduce the amount of interest. While refinancing, it may be a good time to reduce the amortization period and save even more.

Put it all Together. By combining the above techniques – shorter amortization, biweekly payments, additional payments and refinancing mortgage rates – you can save a significant amount in interest costs and cut your mortgage repayment.

Online rate comparison services like ComparaSave.com make it easy for homebuyers to find the right mortgage rate; compare mortgage rates instantly from mortgage, brokers, credit unions and other financial institutions.

your mom's doctor's dog walker's friend's mortgage rate

When it comes to finding the right rate, everyone's got an opinion.

Find the rate that's right for *you*. Choose from a variety of customized insurance quotes, mortgage rates, credit cards and more. Save time, money and a whole lot of confusion at **ComparaSave.com**

ComparaSave.com
Stop Surfing. Start Saving.

Insurance Mortgage Credit Cards Holidays

Tory MP apologizes for 'insensitive' remarks about Layton's death

Chow accepts apology.
Prime Minister's Office on Twitter said these are not @pmharper's views

Conservative MP Rob Anders, who said that NDP Leader Tom Mulcair helped hasten the death of his predecessor Jack Layton, speaks in the House of Commons on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

Conservatives found themselves cringing once again Monday at the ramblings of caucus colleague Rob Anders — this time a brazen suggestion that ambitious NDP Leader Tom Mulcair helped hasten the death of predecessor Jack Layton.

The Calgary MP — known on Parliament Hill for saying or doing something that leaves people shaking their heads — dropped a whopper in an interview published Monday by political news website iPolitics.

"I actually think one of the great stories that was missed by journalists was that Mr. Mulcair, with his arm twisted behind the scenes, helped to hasten Jack Layton's death," Anders was quoted as saying.

"It was very clear to me, watching the two of those gentlemen in the front benches, that Jack Layton was ill and that Mr. Mulcair was making it quite obvious that if Jack wasn't well enough to fight the campaign and fight the election that he should step aside," he continued.

The reaction was swift and unequivocal.

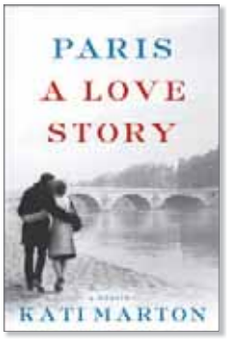
"If I was (Prime Minister Stephen) Harper, he would be gone out of the Conservative party in a heartbeat," said Nova Scotia NDP MP Peter Stoffer, who also described Anders in decidedly unparliamentary — and unprintable — language.

"That kind of comment, that is a disgrace, not only to Mr. Mulcair but to the legacy of Mr. Layton."

Anders quickly issued a written apology for what he described as his "insensitive and inconsiderate" remarks, and Olivia Chow, Layton's widow, said she accepted it.

THE CANADIAN PRESS

IN CONVERSATION
Kati Marton
Thursday, October 4th, 7pm
Indigo Manulife Centre



Join Indigo's Chief Booklover Heather Reisman in conversation with award-winning journalist and author **Kati Marton** about her candid and deeply moving memoir, *Paris: A Love Story*, including her marriage with Peter Jennings and her love for the City of Light. Book signing to follow.

Indigo

Find full event details at www.indigo.ca/events
Follow us @indigogreenroom

comwave
Home Phone
A home phone line with all the *bells* and whistles

6 Months FREE
Your satisfaction is guaranteed or you pay nothing!

Keep your existing phone number
All Features FREE!

Unlimited LOCAL
Unlimited local calls plus over 14 FREE features
$14.95/Month

Unlimited CANADA
All the features free plus unlimited Canada-wide long distance
$19.95/Month

Unlimited GLOBAL
All the features free plus unlimited long distance to almost 60 countries
$29.95/Month

1-866-543-5097
www.comwave.net

Download our Comwave Mobile App
3 Days Free Trial

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. The 6 Month Free Promotion is based on a 2YR term and includes a 30-Day Satisfaction Guarantee period. If you are not 100% completely satisfied, you may terminate the service anytime within the Satisfaction Guaranteed Period with no further obligation. If you transfer your existing phone number from your current provider to Comwave within the first 30 days, you will receive an additional 3 months free for a total of 6 months free. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. All Unlimited Plans do not include calls to the Yukon, Nunavut N.W.T., Alaska and Hawaii. Unlimited usage is governed by our Fair Usage policy to prevent abuse available at www.comwave.net/terms.

Baird blasts UN for inaction over crisis in Syria

General Assembly. One delegate said organization largely shrugging off Canada's relatively recent anti-UN stance

John Baird gave a scathing speech on the UN on Monday. THE CANADIAN PRESS

Foreign Affairs Minister John Baird delivered a scathing rebuke Monday to the United Nations, pointing to the bloodshed in Syria as evidence of its lack of purpose and focus as he fired yet another round in the Canadian government's ongoing war of words against the UN.

"The crisis in Syria is a test of this organization's ability to achieve results," said Baird, who spoke to a largely empty and seemingly disinterested chamber.

"While the brutal and repressive regime of Bashar al-Assad continues the slaughter of its own people, the United Nations continues to fail to impose binding sanctions that would stem the crimson tide of this bloody assault."

He warned the UN to think of its legacy as the turmoil continues in Syria.

"Until the last syllable of recorded time, the world will remember and history will judge member states that are allowing these atrocities to continue," Baird said.

"Many people of the planet, including many of the citizens whom we represent, cannot understand why this organization — despite the sound and fury of debate in this great assembly — has been unable to take concrete steps."

The UN spends too much time in self-examination, he continued, and needs instead to focus on the problems around the world that demand its attention.

"Our commitment to the United Nations has been tested and is proven," he said. "Not in spite of our commitment, but because of our commitment to this body, we cannot and will not participate in endless, fruitless inward-looking exercises." THE CANADIAN PRESS

Vessels collide off Hong Kong

A young survivor is comforted by a rescuer on Tuesday after a boat packed with holiday revelers collided with a ferry and sank off Hong Kong, killing 25 people and injuring dozens more. More than 100 people were rescued and sent to hospitals. VINCENT YU/THE ASSOCIATED PRESS

Sex abuse suspects

Scouts to review 'perversion files'

The Boy Scouts of America plan to begin doing what critics say they should have done decades ago — report suspected sex abusers named in the organization's so-called perversion files to authorities.

A court-ordered release of the perversion files from 1965 to 1985, expected sometime in October, has prompted Scouts spokesman Deron Smith to say the organization will go back into the files and report any offenders who may have been missed.

THE ASSOCIATED PRESS

Litter

Haitians ignore bag, container ban

Haitian merchants on Monday ignored the first day of a government ban on the sale and general use of plastic bags and foam food containers.

In a busy market, dozens of vendors openly sold the tightly rolled bags and big packages of to-go food containers. THE ASSOCIATED PRESS

Global Reach. Innovative Programs. Diverse Perspectives.

Schulich School of Business York University | YORK UNIVERSITÉ UNIVERSITY

Schulich MBA/IMBA

"I chose Schulich for its global focus and international perspective on today's business climate. The International MBA solidified my knowledge of the European business environment and enhanced my French language skills, providing me with unique expertise that I leverage in my global career."

Zoya Zayler (IMBA '10)
Human Resources Specialist, Accenture
Toronto, Canada

Global Reach.

Learning that integrates global themes and issues. Overseas study and worldwide corporate connections. Alumni working in over 90 countries to expand your global networks. Experience Schulich.

www.schulich.yorku.ca

Schulich Programs: MBA, Accelerated MBA, International MBA, MBA/JD, MPA, MF, MSc (Business Analytics)
Study Options: Full-Time, Part-Time Evenings, Days and Alternate Weekends

MBA/IMBA Information Sessions

Downtown Campus
October 2, 6:00 pm – 7:30 pm
Miles S. Nadal Management Centre, 222 Bay Street, Suite 500

Main Campus
October 20, 6:00 pm – 7:30 pm
Schulich School of Business, 4700 Keele Street

To register, visit:
www.schulich.yorku.ca/infosessions

Schulich Leads in Rankings Schulich is ranked in the world's top tier of business schools by *The Economist* (#9 in the world); *Forbes* (10th best non-US school); *Bloomberg Businessweek* (9th best non-US school); The Aspen Institute, a US think tank (#2 in the world in Social and Environmental Leadership); and *Expansión* (#20 in the world) in their most recent global MBA surveys. The Schulich MBA is also ranked #1 in Canada by *The Economist*, *Forbes*, The Aspen Institute and *Expansión*.

Construction inquiry heats up

Quebec. Ex-construction boss claims that three per cent of all the contracts he got from the City of Montreal went to mayor Tremblay's party

Montreal Mayor Gerald Tremblay speaks to reporters in Montreal on Monday. GRAHAM HUGHES/THE CANADIAN PRESS

Quebec's construction inquiry has witnessed its first political bombshell, with a witness testifying Monday about systemic corruption at Montreal city hall and the mayor's political party.

An ex-construction boss says that, for years, three per cent of all the contracts he received from the City of Montreal went to the political party of Mayor Gerald Tremblay and there were additional cash bribes and gifts for municipal officials.

He says he was informed about the partisan fundraising system by Nicolo Milioto — the same man seen on police surveillance video divvying up piles of cash with the head of the Sicilian Mafia in Canada.

The allegations prompted municipal politicians to demand the immediate resignation of the mayor, who still has a year left in his term, although Tremblay showed no sign of planning to step aside.

The testimony of Lino Zambito, a former construction boss, has made him a star witness of the inquiry so far. He has already described bid-rigging in the industry during his earlier testimony and has only just begun talking about the political world.

In addition to the partisan kickback, Zambito said Monday, another percentage point of contracts went to a city official. There was a running joke that the official claimed a one per cent "GST" — the name being a tongue-in-cheek twist on the French-language acronym for the federal sales tax.

It was apparently named for, and by, a high-ranking and now-retired local official, Gilles Surprenant, according to Zambito. Surprenant was an engineer involved in planning projects that would go to public tender.

THE CANADIAN PRESS

The Walking Dead returns on AMC HD, only on Fibe TV.

Season 3 returns October 14th at 9pm.

Only Bell Fibe™ TV lets you catch the new season of The Walking Dead on AMC in HD. It's the best way to experience the next installment of this epic fight for survival. Plus, only Bell has AMC HD On Demand, so you can watch your favourite AMC shows in HD whenever you want.

AMC CATCH A FREE PREVIEW FROM OCTOBER 1 – 31.

1 866 797-8686 • bell.ca/thewalkingdead

Bell watching TV just got better

Current as of October 1, 2012. Available to Fibe TV residential customers in Ontario and Quebec with a Better or Best package, where access and technology permit. Subject to change without notice, other conditions apply; see bell.ca/thewalkingdead for details. Fibe is a trade-mark of Bell Canada. © 2012 AMC Network Entertainment LLC. All rights reserved.

FLIGHT CENTRE® Unbeatable

Airfares

Aruba $472
Travel Oct 27 - Nov 6/ws — incl $358 base + $114 taxes & fees

Vancouver one-way $276
Travel Oct 6/ac — incl $189 base + $87 taxes & fees

New York $307
Travel Oct 8 - Oct 15/ac — incl $198 base + $109 taxes & fees

Orlando $324
Travel Oct 14- Oct 21/ts — incl $39 base + $285 taxes & fees

Las Vegas $448
Travel Oct 9 - Oct 16/ac — incl $318 base + $130 taxes & fees

Cancun $472
Travel Oct 24 - Oct 31/wg — incl $115 base + $357 taxes & fees

Varadero $529
Travel Oct 13 - Oct 21/ts — incl $149 base + $380 taxes & fees

Phoenix $557
Travel Oct 20 - Oct 30/dl — incl $420 base + $137 taxes & fees

Honolulu $649
Travel Nov 6 - Nov 13/aa — incl $516 base + $133 taxes & fees

Costa Rica $699
Travel Nov 12 - Nov 26/ua — incl $386 base + $313 taxes & fees

Rio de Janeiro $939
Travel Nov 5 - Nov 20/cm — incl $745 base + $194 taxes & fees

All-inclusive Vacations

Cuba 7 Nights 4-Star $535
Brisas Santa Lucia — incl $245 base + $290 taxes & fees
Departs Oct 10/swg/wg.

Puerto Plata 7 Nights 4-Star $605
Grand Paradise Playa Dorada — incl $217 base + $388 taxes & fees
Departs Oct 12/nol/c6.

Panama 7 Nights 4-Star $661
Royal Decameron — incl $347 base + $314 taxes & fees
Departs Oct 8/nol/c6.

Mayan Riviera 7 Nights 4-Star $742
Riu Lupita — incl $385 base + $357 taxes & fees
Departs Oct 30/sig/wg.

Ski Vacation

Mont Tremblant
4 Nights + Lift Ticket
$399
Les Suites Tremblant - Plaza Saint Bernard — taxes & fees included
INCLUDES 4 nights accom and 3-day adult lift pass. Travel Jan 7/ggv. ADD roundtrip airfare for $343 taxes & fees included.

USA

New England Fall Colours
Air+ 5-Day Car
$454
incl $330 base + $124 taxes & fees
INCLUDES roundtrip Boston airfare and 5-day car rental to explore the Fall foliage of New England. Departs Oct 14, 21/ggv/ua.

Orlando Family Special
Air + 7 Nights $399◊
Champions World Resort — incl $115 base + $284 taxes & fees
INCLUDES accom near theme parks. Price per person based on family of 4. Departs Oct 12/ggv/wg. ADD *Walt Disney World* Resort 4-Day *Magic Your Way* Base Ticket for $268/adult, $250/child (ages 3-9).

Las Vegas Air + 4 Nights $504
Circus Circus — incl $195 base + $309 taxes & fees
INCLUDES accom on the Strip. Departs Oct 29/swg/wg.

New York Air + 3 Nights $558
Manhattan at Times Square — incl $436 base + $122 taxes & fees
INCLUDES Manhattan accom. Departs Jan 5, 26/ggv/aa. UPGRADE to 4-star Sheraton New York for $23 per night. ADD city tour for $98.

Hawaii Island Hopper, Air + 7 Nights $1369
Aston at the Maui Banyan, Aqua Palms Waikiki — incl $1234 base + $135 taxes & fees
INCLUDES all airfare, 3 nights Maui accom and 4 nights Oahu accom. Departs Dec 4/ggv/ua/ha.

Long Stays

Australia
Air + 19 Nights 4-Star
$2529
Karana Palms Resort — incl $2269 base + $260 taxes & fees
INCLUDES 1-bedroom accom near the beach in Surfer's Paradise. Departs Feb 5/ggv/fj. ADD Brisbane airport transfer for $49 per direction.

Fort Lauderdale Long Stay
Air + 21 Nights $1389
Hollywood Beach Resort Cruise Port — incl $1262 base + $127 taxes & fees
INCLUDES resort-style accom near Hollywood Beach. Departs Nov 13/ggv/ac.

Christmas Markets

Prague Air + 7 Nights $1214
Hotel Kavalir — incl $607 base + $607 taxes & fees
INCLUDES accom near the Novy Smichov shopping and entertainment centre. BONUS daily breakfast included. Departs Dec 3/ggv/ac. ADD hop-on, hop-off bus for $30.

Europe 7-Night River Cruise USD $1856
Viking Njord — incl USD $1744 base + USD $112 taxes & fees
CRUISE from Budapest to Passau (Germany) and visit Salzburg, Vienna, Bratislava and Christmas Markets. Departs Dec 22/vrc.

LOWEST AIRFARE GUARANTEE
We will beat any airfare quote or you fly free!

1 866 485 7092 | TEXT Join our Insider Club for hot deals. Text YYZ to 131 600 | flightcentre.ca | Visit us in store.

Conditions apply. Ex: Toronto. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ◊Family special price is per person for quad occupancy (2 adults & 2 kids ages 2-17). vth/ts=transat, swg/wg=sunwing, aclacvlqk=air canada, dl=delta, aa=american, cm=copa, nol=nolitours,c6=canjet, ggv=gogo, sig=signature, ua=united, ha=hawaiian, vrc=viking river cruise. † We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

Ikea erases photographs of women from Saudi catalogue

2013 edition. Images are 'another sad example' of gender inequality in Saudi Arabia, says Sweden's trade minister

PETER LINDHOLM
Metro in Sweden

Left, a page from Ikea's catalogue in Sweden. Right, the same page from Ikea's catalogue in Saudi Arabia — with the woman missing. IKEA

Swedish furniture retailer Ikea has erased women from the pages of its Saudi Arabian catalogue.

The 2013 catalogue, printed in 27 languages for distribution in 38 countries, looks almost alike worldwide, displaying identical interiors of kitchens and bathrooms. However, in the Saudi version women appear to be removed from the images. Metro Sweden first discovered the inconsistency on Ikea's online catalogues earlier this week.

For example, in the Swedish version of the catalogue, a mother can be seen standing at a sink beside her child in a bathroom. But in the Saudi catalogue, the mother is absent. In another image, a young girl who appears to be doing homework has also been airbrushed.

Under Saudi Arabia's strict Muslim law, women are not allowed to drive, vote or be outside of their homes without the guardianship of a male relative.

Sweden's Minister for Trade Ewa Björling said the retouched images are a sad example of the oppression of women.

"You cannot retouch women from reality," she told Metro. "If Saudi Arabia doesn't allow women to be seen or work they miss out on half their intellectual capital. These images are yet another sad example of the long road to gender equality in Saudi Arabia."

Ikea has since apologized for the catalogue retouching. "As editors of the catalogue, we are sorry about this," Ikea spokesperson Josefin Thorell told Metro. "We should have reacted and seen that this is in conflict with Ikea's values."

The Ikea group will "revise their procedures" to avoid similar situations in the future. It is still unclear whether the Saudi catalogue will be withdrawn or not.

Brochure controversy

Who is responsible?

What remains unclear is who is responsible for the decision to airbrush women out of the catalogue — Ikea or a local entity in Saudi Arabia. A spokeswoman for Inter Ikea Systems, a branch of Ikea that oversees franchises, says the Swedish retailer should take the blame.

"What has come out during our contacts with Saudi Arabia during the day is that it isn't the local franchise that has done something wrong. It is our responsibility at Inter Ikea Systems," said Ulrika Englesson Sandman.

"The franchise owner has been presented with images without women. The image with a woman in the bathroom and the female designer could very well have been featured in the catalogue for Saudi Arabia."

Now Ikea is considering what to do next. One alternative is to print a new catalogue. "The catalogue has already been distributed, are we going to print it again? Those are options we are looking at," said Sandman.

Market Minute

DOLLAR
101.76¢
(+0.05¢)

TSX
12,370.19 (+52.73)

OIL
$92.48 US (+$0.29)

GOLD
$1,783.30 US (+$9.40)

Natural gas: $3.48 (+16¢)
Dow Jones: 13,515.11 (+77.98)

Economics

Don't worry — bacon won't disappear

Bacon lovers can relax. They'll find all they want on supermarket shelves in coming months, though their wallets may take a hit.

The current drought is likely to nose up prices for bacon and other pork products next year by as much as 10 per cent. But experts are dismissing reports of a global bacon shortage that lent sizzle to headlines last week. "If the definition of shortage is that you can't find it on the shelves, then no, the concern is not valid," said Steve Meyer, a U.S. agricultural economist.

THE ASSOCIATED PRESS

Retail study

Sears, Old Navy among stores Target will impact

A new report says the arrival of U.S. retailer Target in Canada next year will take a bite out of the sales of several key rivals.

But Barclays Capital says other retailers that don't overlap in their offerings may benefit from the increased traffic generated by the new stores.

The investment firm says Walmart, Sears Canada, Old Navy, Loblaw's Joe Fresh brand and Canadian Tire are the retailers most at risk. Barclays also predicts that among the general retailers, Sears will be hardest hit.

THE CANADIAN PRESS

StorageMart

NOTICE OF SALE – OCTOBER 19th

CALL
GTA CENTRAL – 416-701-0055 EXT2
GTA WEST – 416-503-0892 EXT2

GTA CENTRAL

Storage-Mart #3022, 947 Warden Avenue, Scarborough, On M1L 4E3
#1038F – K. Ramdeen
#1464F – C. Fitzgerald
#1562F – J. Claerke
#1517F – E. Thomas
#1549F – P. Foti

Storage-Mart #3023, 25 Crouse Road, Scarborough, On M1R 5P8
#1082 – J. Flowers

Storage-Mart #3024, 81 Arrow Road, Toronto, Ontario M9M 2L4
#1065 – K.. Baz
#1116 – A. Harrison
#2231 – Mike's Moving Co.
#1128 – M. McKenzie
#1334 – M. Galey

Storage-Mart #3030, 3429 Kennedy Road, Scarborough, On M1V 4Y3
#3003 – R. Brooks
#3206 – K. Dhanani

Storage-Mart #3031, 4780 Sheppard Ave. E., Scarborough, On M1S 3V6
#6011 – A. McKenzie
#7022 J. Bancroft
#8320/8355 – K. Parris

Storage-Mart #3032, 85 Westney Road, Ajax, On L1S 2C9
#7017 – J. Williams
#8048 – M. Jack
#8067 – M. Alexander
#9147 – M. Duncan

Storage-Mart #3033, 1700 Alliance Road, Pickering, On L1W 3X2
#D79 – D. Ambrose
#H26 – R. Grant
#C20 – S. Hembruff
#113 – N. Douse

Storage-Mart #3034, 996 Farewell Ave South, Oshawa, On L1H 6N6
#70S – D. Aubrey
#105N - T. Haley

GTA WEST

Storage-Mart #3007 542 Evans Ave, Etobicoke ON M8W 2V4
#3300 – Winget Lynch
#5006 – Kevin Hay
#7010 – Dave McCarron
#5122 – Kathleen Klimke
#1204 – Melvin Van Horn
#2110 – Leland Migwans
#5110 – Marion Airdrie

Storage-Mart #3008 680 Kipling Avenue, Etobicoke, ON M8Z 5G3
#2018 – Richard Kelleher
#4100 – Artisan Foods Ltd
#4105 – Gabriela Mello

Storage-Mart #3009 110 Guided Court, Etobicoke, ON M9V 4K6
#A0044 – Westland Supermarket
#C0020 – Mahamood Farah
#F0086/#F0087 – Franco Palladini

Storage-Mart #3012 144 Norseman Street, Etobicoke, ON M8Z 2R4
#2710 – Expofest Inc C/O Saul Messinger

Storage-Mart #3013 21 Todd Baylis Blvd, Toronto, ON M6M 4L2
#1158 – Randy Hamilton
#1417 – Derrick Miller
#1440 – Deanna Rattan
#1542 – Jose Acuna

Storage-Mart #3014 555 Trethewey Drive, Toronto, ON M6M 4B8
#355 – Michael P Mountain
#P070 – Stuart Cowan
#D1006 – Karen Simpson
#D1054 – LFaragalla Elsayed
#D1071 – Tetteh Hadjor
#D1078 – Gil Coelho
#D2045 – William Byam
#D2069 – Noel Allen
#D2088 – Nadine Johnson
#D2095 – Jose Renteria
#D2100 – Funmi Akintunde
#D2132 – Karen Sampson
#D2209 – Vanessa Adeosum
#D2283 – Govind Calu
#D2309 – Daiva Pranaitis
#D2390 – Jennifer Lee
#E1126 – Karen Hanslip
#E2007 – Rakel Alexander
#E2014 – Lynda Okeke
#E2019 – Michael Sobowale
#E2122 – Wendy Nicholls
#E2172 – Norris Harriott
#E2215 – Isam Hassaballa
#D1031– Bernard Campbell
#D2012 – Barbara Samuels
#D2403 – Lashawna Sealy
#E1069 – Juliet Flowers
#P604 – Robert Williams
#P643 – Shantelle Coleman
#2366 – Pranav Sant

Storage-Mart #3015 120 Wicksteed Ave, Toronto, ON M4G 4K7
#2600 – Kimberly Nowosad Penner
#B1543 – Arun Pereira
#B2722 – Martin Soltys
#B4145 – Jean-Rene Baudry

Storage-Mart #3018 605 Alden Road, Markham ON L3R 3L5
2823 – Barbara Saunders

Storage-Mart #3021 1776 O'Connor Dr, Toronto ON M4A 1W8
#1277 – Linda Ward
#2323 – Clear Products Inc
#1106 – Jonathan Mitchell

Storage-Mart #3025 875 Don Mills Road, Toronto ON M3C 1V9
#1435 – Andrew Ribble
#1607 – Jeremiah Kiriopoulos
#1728 – Rob Thompson
#2522 – Mitro Vassilev
#2843 – Jason Karadijian

Storage-Mart #3028 10345 Keele St, Maple ON L6A 3Y9
#3032 – Steve Stogrin

99% OFF FIRST MONTHS RENT* *ON SELECT UNITS

According to the Lease by and between the customers listed above listed above and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage units, the Manager has cut the lock on their Unit(s) UPON A COURSORY INSPECTION THE UNITS WERE FOUND TO CONTAIN: Household goods, furniture and misc items. Items will be sold or otherwise disposed of at this site on October 19th, 2012 to satisfy owner lien in accordance with the state statues. Terms of the sale are cash only. No checks will be accepted. All goods are sold in "as is "condition. Tax must be paid or resale numbers furnished. Buyers must provide own lock if needed. Seller reserves the right to overbid. All items or spaces may not be available on date of sale. Please call 416.503.0892 ext. 2 for auction times.

Medvedev lobbies Zuckerberg to expand operations in Russia

Moscow. Prime minister asks Facebook CEO to open new research centre instead of luring away Russian programmers

Facebook head Mark Zuckerberg was in Moscow on Monday, where officials were pressing him to expand the company's operations in Russia.

The eastern European nation's communications minister tweeted that Prime Minister Dmitry Medvedev urged the social media giant's founder to abandon plans to lure away Russian programmers and instead open a research centre in Moscow.

A Facebook spokeswoman, who refused to be named because she wasn't authorized to discuss the matter with the media, said the company has no immediate expansion plans for Russia.

Zuckerberg, who ditched his trademark hoodie and jeans for a suit and tie for his meeting with Medvedev, was visiting Russia on a world tour of programming contests to identify new talent.

Medvedev has cultivated a tech-friendly image since launching his modernization program while president of Russia from 2008 until this May, when Vladimir Putin returned for his third term as president. THE ASSOCIATED PRESS

Online market

- Russian web companies often command larger shares of the domestic market than their U.S. counterparts.
- Facebook has roughly nine million users in Russia, while domestic clone VK has around 34 million.

Russian Prime Minister Dmitry Medvedev, left, shakes hands with Facebook CEO Mark Zuckerberg as he receives a T-shirt as a present at the Gorki residence outside Moscow on Monday. ALEXANDER ZEMLIANICHENKO/POOL/THE ASSOCIATED PRESS

RBC Insurance

Cut your insurance costs. Combine car and home plus life.

Some insurance companies let you combine car and home coverage. But not all can save you money the way RBC Insurance® can. Save an average of $695* per year on coverage for your home and more than one car, plus term life insurance – essential protection for your family.

To get your quote, call 1-877 ROYAL 4-3, go online at rbcinsurance.com/save or visit your local RBC Insurance store.

Insurance advice for your life™

| HOME | AUTO | LIFE | HEALTH | TRAVEL | BUSINESS | RETIREMENT |

RBC Insurance Store Locations

Toronto
Bloor & Yonge
Queen's Quay
Leslieville
RBC Plaza
Wellington & Simcoe

Aurora
Highway 404 & Wellington

Barrie
Bryne & Essa

Brampton
Bramalea City Center
Highway 50 & Ebenezer
Williams Pkwy & Mississauga

Brantford
King George & Powerline

Burlington
Dundas & Appleby

Etobicoke
Dundas & Wilmar

Guelph
Paisley near Imperial

Hamilton
The Centre Mall

Kitchener
Ottawa & River

London
Fanshawe Park & Hyde Park
Wonderland & Southdale

Markham
Major Mackenzie & Woodbine
Highway 7 & McCowan

Milton
Milton Mall

Mississauga
Meadowvale
Highway 10 & Eglinton
Dixie & Burnhamthorpe

North York
Shops at Don Mills

Oakville
Trafalgar & Cornwall
Dundas & Prince Michael

Oshawa
Laval & Stevenson

Pickering
Steeple Hill

Richmond Hill
Bayview & High Tech

Scarborough
Finch & McCowan
Warden & Finch

Stoney Creek
Stone Church East &
Upper Mount Albion

Vaughan
Major Mackenzie & Dufferin

Woodbridge
Major Mackenzie &
Vellore Woods

Home and Auto Insurance is underwritten by RBC General Insurance Company or RBC Insurance Company of Canada. Life Insurance is underwritten by RBC Life Insurance Company.
®/™ Trademark(s) of Royal Bank of Canada. Used under licence. This offer is only available to residents of Canada. As a result of government-run auto insurance plans, RBC Insurance does not provide auto insurance in Manitoba, Saskatchewan, and British Columbia. Value of multi-product savings are off of our standard rates. Each product must be separately underwritten. *$650 is the average total savings for RBC Insurance clients in Canada on home and auto insurance when more than one vehicle is insured. $695 is the average total savings for those same clients when they also purchase a new Term 10 or Term 20 or Term 100 life insurance policy. The savings is only applied to the cost of insurance. This offer is only available for new Term 10 or Term 20, or Term 100 life insurance policies purchased by current "in force" Home and or Auto insurance policy holders and their spouses. This offer can't be combined with any other offer. Certain conditions apply.

NO PATIENCE FOR PICKY EATERS

SHE SAYS ... Jessica Napier metronews.ca

"No jalapenos, please."

The waiter asks as he rolls his eyes: "Is it an allergy?"

"No ... I just don't like them," I respond as I sheepishly turn away with embarrassment.

When my nachos arrive I groan; jalapeno peppers are defiantly embedded within every layer of melted cheese. The spicy-hot toppings mock me as I gently remove them one by one.

Nobody likes a picky eater. I hate being that annoying dinner companion who despises anything with a little too much spice so I will always try to accommodate those with more adventurous palates. I'll covertly chug endless glasses of water to get through a shared meal of kimchi-laced bibimbap or five-alarm chili.

When you are fortunate enough to live in a large city, filled with multi-ethnic fare and interesting haute (often HOT) cuisine, you shouldn't take that for granted. But while I certainly want to like spicy foods, my tongue screams in protest every time I come into contact with a piquant sauce or a fiery curry.

I try my best but ultimately, my taste buds just can't handle the hot stuff.

Too hot for you?

"I'll covertly chug endless glasses of water to get through a shared meal of kimchi-laced bibimbap or five-alarm chili."

And yet, in an entirely hypocritical sort of way, I can't stand picky eaters. I'm not talking about those with medical conditions, eating disorders or legitimate allergies; I'm talking about people who don't like fish because it smells funny or don't let different foods on their plate touch because ewww contamination!

Come on.

It can be a total turnoff when you meet a fully grown adult who behaves like a fussy child when it comes to trying new food. There's nothing wrong with liking things plain, but there's a fine line between a simple preference and a neurotic obsession. When friends and family develop prejudices against entire food groups, hosting a dinner party or going out for a meal can become a complicated and frustrating endeavour.

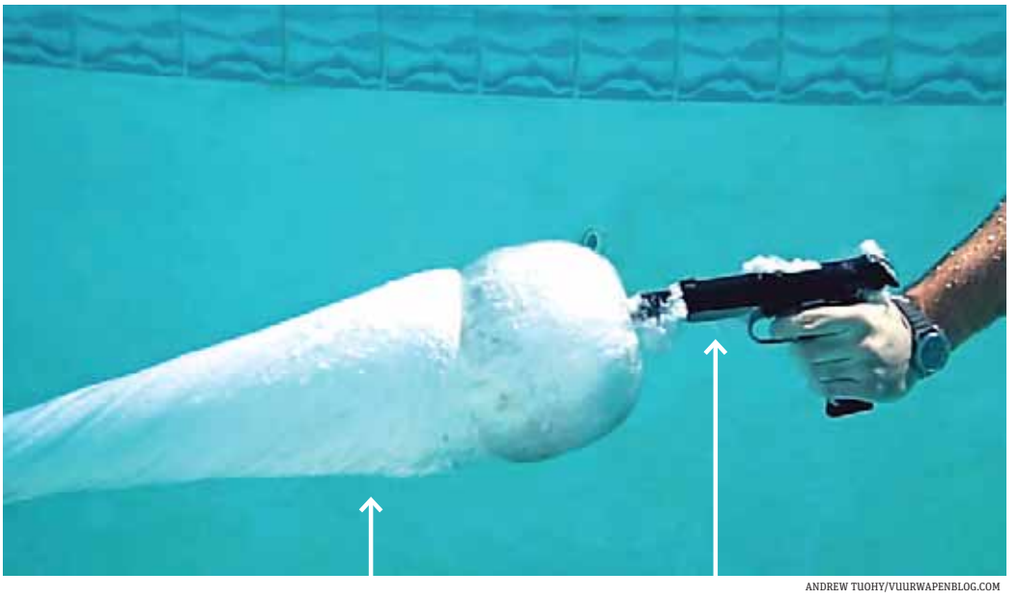
One of my favourite local pizzerias refuses to do substitutions on the premise that they, not the customer, know best when it comes to what flavours work together. While some patrons sneer at their holier-than-thou approach to pizza, I applaud their refusal to pander to the overly entitled menu customizers out there.

We're grown-ups now, shouldn't we be able to try something new before forming an opinion? I implore all those finicky foodies out there to stop turning up your noses at ingredients you can't pronounce, experiment with flavourful sauces and seasonings, and open your mind (and mouth) to some new culinary experiences.

Follow Jessica Napier on Twitter @MetroSheSays

Would you like some nachos with your jalapenos? JONATHAN DANIEL/GETTY IMAGES FILE

Having a blast under water



ANDREW TUOHY/VUURWAPENBLOG.COM

Firearms photography

Pistol fired in pool creates storm of interest

This is what firing a gun under water looks like. Firearm expert Andrew Tuohy shot a few pistols in his swimming pool and posted a video on his blog, which has now gone viral. The result: A stunning shot of a tornado rippling through the water. Metro spoke to the 26-year-old ex-sailor from Tucson, Ariz. METRO

Andrew Tuohy also makes "flower" jewels from his spent bullets.
ANDREW TUOHY/VUURWAPENBLOG.COM

Q&A

Gunning for art

Tuohy describes his image of a Kimber 1911 pistol firing underwater.

Firing a gun under water looks spectacular, but was it safe?
The bottom line is that yes, it's safe to use these firearms underwater. With other firearms — due to their design and barrel size — it's not safe, as they'll explode under water! The bullets themselves only travel a metre or so in water. Here, I used hollow-point bullets — they travel even shorter as they expand their diameter instead of penetrating through a target.

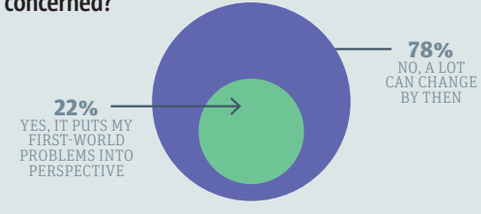
What challenges did you have?
This event happens very fast. The bullets are moving at about 1,000 feet (309 metres) per second initially, and the muzzle blast is over in about 1/60th of a second. So the higher frame rate of the video camera really helps.

What does this image tell you?
It shows firearms as something interesting and potentially even beautiful instead of ugly and evil. It's fun, educational and different. They can be used to oppress or liberate from oppression, to murder or to prevent murder, and in this specific case, they can even be used to create art. METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

A recent report says 100 million people will die from climate-related causes by 2030. Are you concerned?



Twitter

@DenChung: At the Jays game with Wayne Gretzky! Okay, I am 30 rows behind him, but it still counts!

@fridgebuzz: Elizabeth May has written to the Queen asking her to intercede to restore free and fair elections in Canada. Seems a tad naive. #cdnpoli

@KidMacIntosh: The closest thing to art that I saw at Nuit Blanche was @Jeff_Campesi puking at a jazz bar. #nuitblanche2012

@ProfessionalP85: #NHL13 lockout edition.

@plusMaryBeth: Nuit Blanche is still trending? I saw some awesome installations too! ...Probably better to post pics after the event. #interaction #snbTO

metro **President and Publisher** Bill McDonald • **Editor-in-Chief** Charlotte Empey • **National Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Toronto** Tarin Elbert • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Retail Sales Manager** Joshua Green • **Distribution Manager** Steve Malandro • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO TORONTO** 625 Church St., 6th Floor Toronto ON M4Y 2G1 • **Telephone:** 416-486-4900 • **Fax:** 416-482-8097 • **Advertising:** 416-486-4900 ext. 250 • adinfotoronto@metronews.ca • **Distribution:** toronto_distribution@metronews.ca • **News tips:** toronto@metronews.ca • **Letters to the Editor:** torontoletters@metronews.ca

DVD reviews

Bond 50

●●●●●

BOND 50 collects all 22 James Bond movies on Blu-ray for the first time, and leaves room for Skyfall, the coming 23rd one. Appraising this handsome set, it doesn't seem too pompous to quote Shakespeare's King Lear: "O, reason not the need!" Yes, chances are very good that you already own most or all of the 007 canon, on VHS and regular DVD. Possibly even Blu-ray, too, although BOND 50 brings nine of the films to the high-definition format for the first time: You Only Live Twice, On Her Majesty's Secret Service, Diamonds are Forever, The Spy Who Loved Me, Octopussy, A View to a Kill, The Living Daylights and Tomorrow Never Dies. But it's likely you'll still desire this boxed set, if only for its intelligent design, which pays full homage to the six men who have played Bond over the past half-century: Sean Connery, George Lazenby, Roger Moore, Timothy Dalton, Pierce Brosnan, and now Daniel Craig. There are 122 hours' worth of bonus features, much of which has already been released. But the real bonus is a single disc that smartly breaks down the Bond mystique via short featurettes that analyze the girls, gadgets, villains, look and style of this durable franchise.

PETER HOWELL

Dark Shadows

Director. Tim Burton

Stars. Johnny Depp, Michelle Pfeiffer, Eva Green

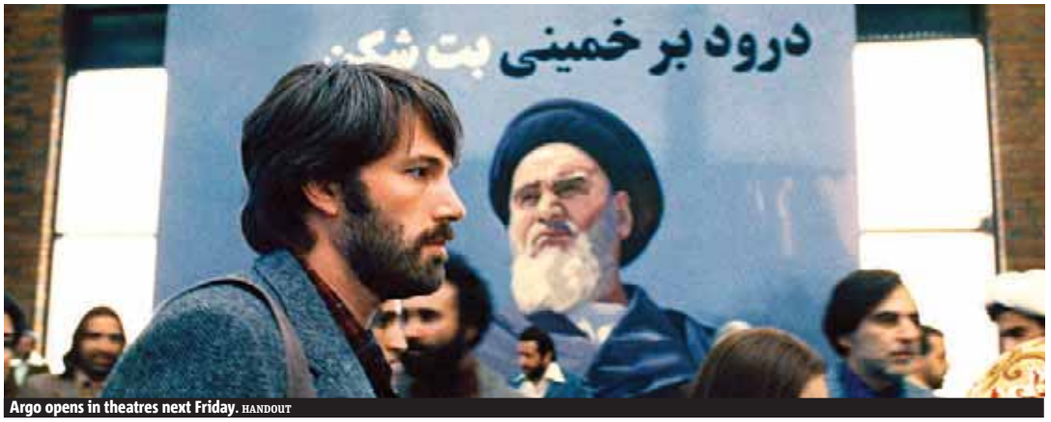
●●○○○

Johnny Depp's Barnabas Collins, a reluctant 18th-century vampire, looks confused when he awakes in 1972 in a Maine fishing village after a 200-year slumber. He's not the only one. Viewers of Tim Burton's Dark Shadows will be hard pressed to know whether the film is meant to be a comedy, horror movie or romance. Or is it a fish-out-of-water story? The story, based on a cult TV soap opera from the 1960s and '70s, stumbles blindly along for most of the film's overlong 113 minutes.

PETER HOWELL

Apologies to Boatmen fans but Argo (Ben Affleck, Bryan Cranston) has nothing to do with Toronto's storied CFL team. The real-life story does, however, involve Canadians running a gadget play. Hatched in clandestine corners of Ottawa and Washington, Argo is the fake movie script concocted by covert operatives posing as a Canuck film crew scouting locations in Tehran. The daring rescue of six diplomats who hid in the Canadian ambassador's house during Iranian Hostage Crisis is just one of several ops to inspire filmmakers.

MIKE DOJC
scene@metronews.ca



Argo opens in theatres next Friday. HANDOUT

Ops that inspired Hollywood

Operation Thunderbolt

Dateline: July 4, 1976

Air France flight 139 was hijacked by the Popular Front for the Liberation of Palestine in conjunction with a German based radical group. After rerouting the flight to Uganda, 106 Jewish and Israeli hostages were held at the Old Terminal of the Entebbe airport. Israel's elite commando unit, Sayeret Matkal, led by Yonatan Netanyahu (older brother of the current prime minister) flew four Hercules C-130s over 4,000 kilometres and landed undetected on the dark runway. Driving land rovers and a black Mercedes to impersonate an Idi Amin motorcade, the cavalry sped toward the building where the hostages were being held, taking the terrorists by surprise. Three hostages and Commander Netanyahu were killed during the mission. Charles Bronson (Death Wish) starred in the movie adaptation, Raid on Entebbe.

Operation Nimrod

Dateline: May 5th 1980

After the Democratic Revolutionary Front for the Liberation of Arabistan (DRFLA) seized control of the Iranian embassy in London and threatened to blow it up if their demands weren't met, Maggie Thatcher gave the order to mobilize Britain's finest. Armed with the latest whiz-bang gadgetry of the period, a crack unit of the British Special Air Services (SAS) breached the building by lowering a charge through a skylight and abseiled in guns blazing. Five militants and one hostage perished in the crossfire during the successful 17-minute siege that helped establish Thatcher's Iron Lady rep. The operation unravelled on a bank holiday Monday with TV cameras rolling the whole time so millions of Britons watched the swift rescue unfold. Who Dares Wins (1982) was inspired by the events.

Operation: Maersk Alabama Rescue

Dateline: April 12, 2009

Off the coast of Somalia a cargo ship bound for Kenya was boarded by pirates. The crew managed to power down the ship's systems so that the pirates could not steer the vessel and they holed up in a secure room but Captain Richard Phillips and several crew members were captured. The ship's chief engineer, armed with just a knife, managed to subdue one of the pirates and during a botched prisoner exchange the pirates fled in a lifeboat taking the captain as their hostage. The destroyer USS Bainbridge, guided-missile frigate USS Halyburton and the amphibious assault ship USS Boxer were dispatched to the scene. After negotiations broke down Navy SEAL snipers took out the pirates. Tom Hanks has been tapped to play Phillips in a big screen adaptation of the high seas rescue.

Operation Checkmate

Dateline: July 2, 2008

Colombian soldiers took weeks of acting classes so they could effectively pass as members of a relief organization. The ruse was part of the plan to extract 15 hostages being held in the jungle by FARC — including former presidential candidate Ingrid Betancourt who had endured six and a half years in captivity. Using communication intelligence, they tricked the captors into handing over the hostages by convincing them they had been sent by Alfonso Cano, the guerilla army's leader, to transport the prisoners to him. Once everyone was aboard the helicopter they arrested the captors and released the hostages without a single bullet. A mini-series based on the op was nominated for an International Emmy.

Air France Flight 8969 Rescue

Dateline: December 26, 1994

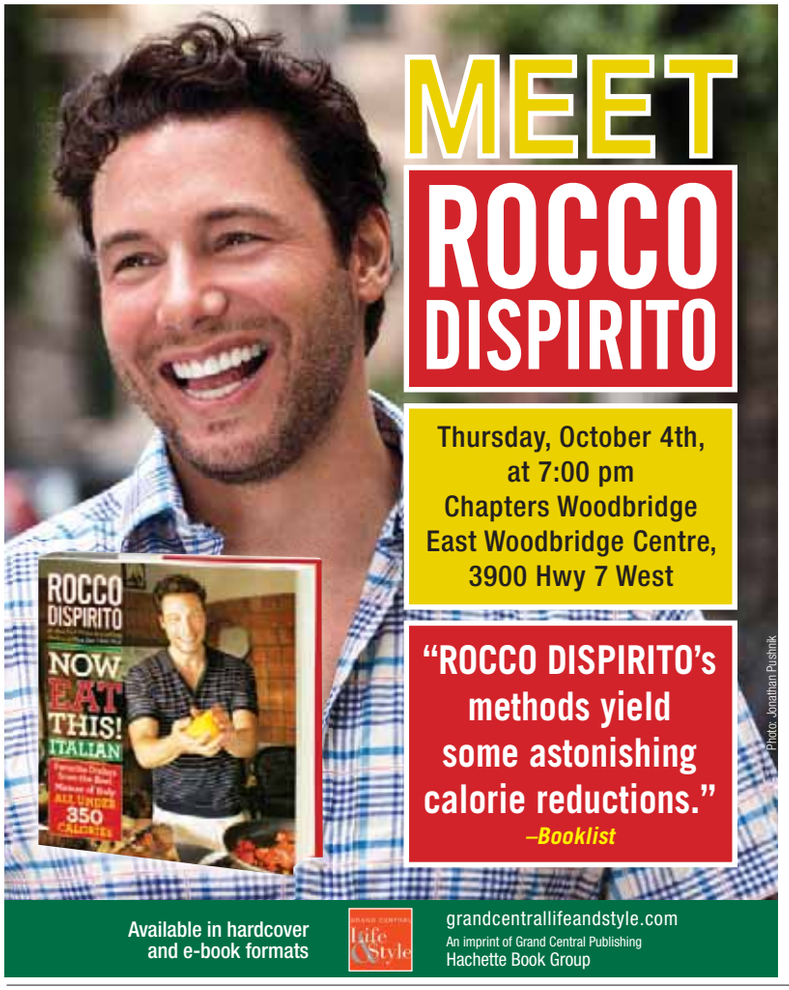
Four Groupe Islamique Armé terrorists disguised as airport employees boarded an airbus A300 in Algiers. After murdering three passengers they were given clearance to fly to Marseille, where France's elite Groupe d'Intervention de la Gendarmerie Nationale would eventually engage the militants. The GIGN strike force blasted their way into the plane from several points forcing the terrorists to retreat into the cockpit. The ensuing gun fight raged on for about 10 minutes with commandos in the rear of the plane evacuating passengers while another team took control of the flight deck. The hail of bullets fired left the plane's fuselage looking like a slice of Emmental cheese but the rescuers succeeded in freeing the 170 remaining passengers. The French film The Assault re-enacts the dramatic events.

SCENE2

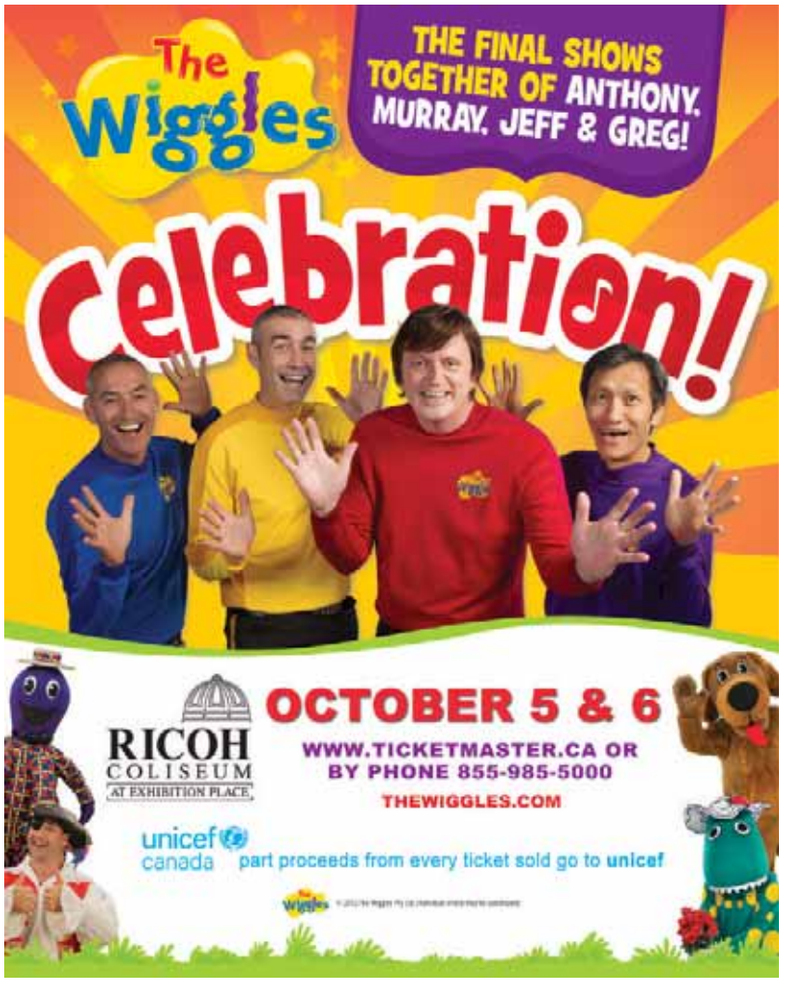
On the web

Qrikel

DiCaprio, Maguire lead all-star cast in new video urging voter expression through social media. Check it out by scanning this code or visiting metronews.ca/scene.



Nancy, left, and Ann Wilson of Heart. To date, Heart has sold over 30 million records worldwide. GETTY IMAGES



A change of Heart

Fanatic. New record is full of opinions, not just slow dances — and the songs don't complement stir-ups and a can of hairspray unless, of course, you want them to

LINDA LABAN
scene@metronews.ca

Ann Wilson is struggling for words to describe the emotional pull she felt while making Heart's brand new album Fanatic. Even after 14 studio albums, the singer wasn't phoning it in.

"Ahh," she sighs. "This one really took all of me. I felt like I'd been struck by lightning by the time it was finished."

The passion is palpable from the get-go as the forceful title track barrels out on sister Nancy's fierce guitar riffs and Wilson's banshee wail makes what's either a band statement or social commentary: "Don't try and tell me the world is changing/ Heart's getting stupid," she sings.

"It's definitely us contemplating," she says. "We're suggesting that we use some of our higher powers to love and solve some of our problems. We're a very sick society, so that could be a very healing thing. It's an old idea, right, but it's a very great idea."

Wilson is talking deep stuff.

"Committed stuff, sure," she says. "We've got opinions. It's not just a bunch of slow dances."

The album, however, does slow for Walkin' Good, a lovely duet between Nancy and Canadian singer Sarah McLachlan, whom the Seattle rockers met playing McLachlan's femme-fronted music festival, Lilith Fair, last year.

"We met so many great women," says Wilson, before adding that she doesn't delineate music by gender.

"Is it Best Male Guitarist and Best Female Guitarist? Or is it Best Guitarist," she proposes. "That's the list I'd like to see."

Quoted

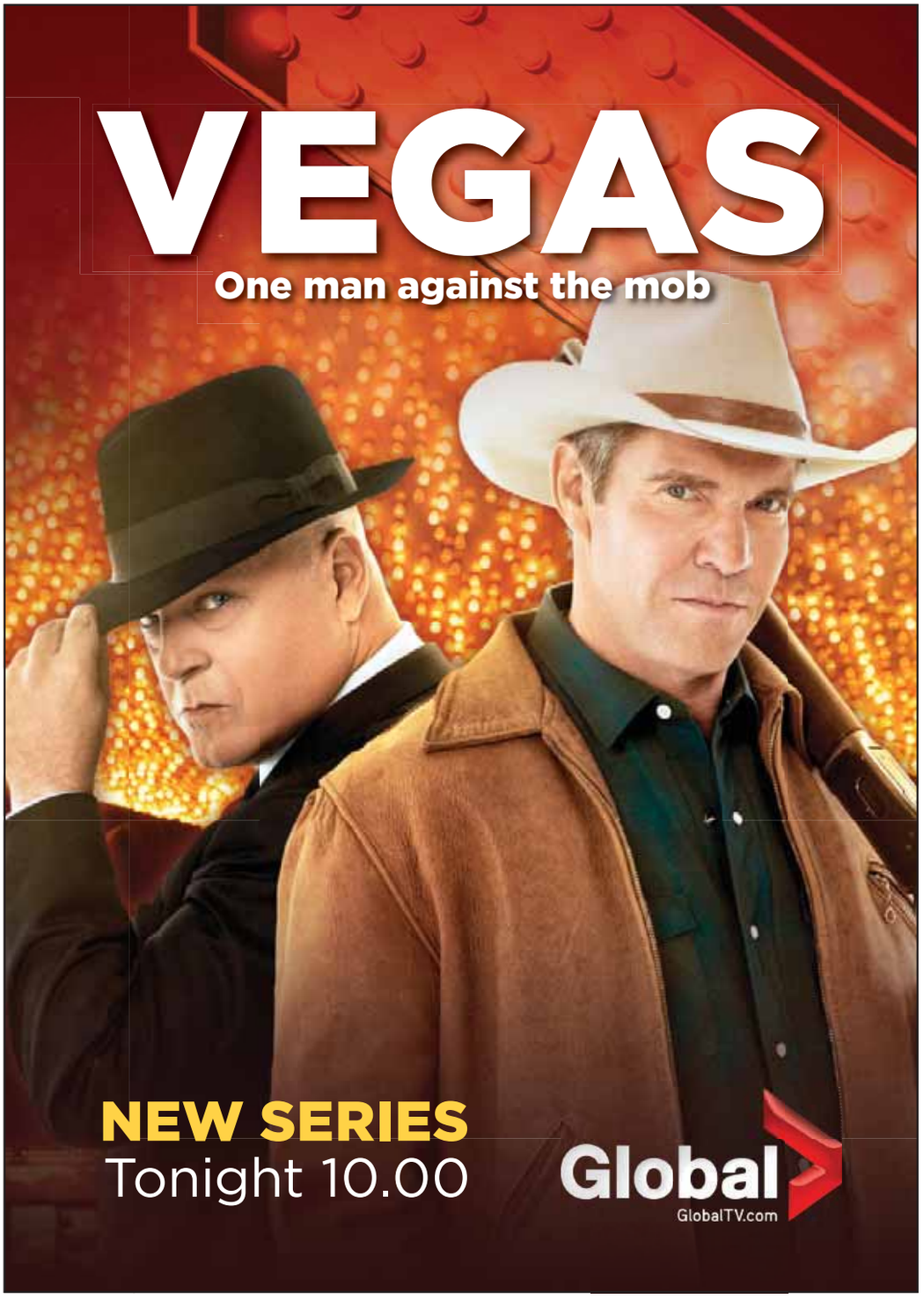
"We're suggesting that we use some of our higher powers to love and solve some of our problems. We're a very sick society, so that could be a very healing thing. It's an old idea, right, but it's a great idea."

Ann Wilson
On the contemplative emotions she felt while recording her 14th studio album.

This ain't no Swiffer commercial

One of the most commercially enduring bands in history is back with a deeper message.

- **Starstruck.** This year saw Heart issue a massive anthology, Strange Euphoria, and a biography, Kicking and Dreaming: A Story of Heart, Soul and Rock and Roll. Plus, just two days before Metro spoke with Wilson, Heart got a star on the Hollywood Walk of Fame.
- **Over the years.** Heart got their first taste of fame in the mid 1970s with hard rock, folk and heavy metal influences. Their popularity waned in the early 1980s but they had a comeback in 1985 —and experienced even more acclaim for their 1990s rock ballads.



Read metro work every Monday and Wednesday for tips and trends in education and employment.

Only in Metro. News worth sharing.

AUDIO & VIDEO
GADGETS
FOR THE TECHIE IN YOU
VISIT WWW.SHOP.CA FOR ALL ELECTRONICS

Fluance
Speaker Dock
23% OFF
COMPARE AT $299.99
NOW $229.99
+ FREE SHIPPING!

Maxell
Maxsound Soundbar
62% OFF
COMPARE AT $129.99
NOW $49.99
+ FREE SHIPPING!

RCA
Wireless Headphones
28% OFF
COMPARE AT $89.99
NOW $64.99
+ FREE SHIPPING!

Electrohome
Digital Photo Frame
25% OFF
COMPARE AT $79.99
NOW $59.99
+ FREE SHIPPING!

PLUS Get $10 rewards cash on your first $25 purchase at WWW.SHOP.CA

MILLIONS OF PRODUCTS
FROM YOUR FAVOURITE BRANDS
PLUS FREE SHIPPING!
SOME CONDITIONS APPLY

SHOP • CA™
SHOP & EARN, EVERY TIME!™

Got great products to sell? Contact supplier@shop.ca

* While quantities last

Metro gets a Lone look at a revamped classic

Johnny Depp is set to star as Tonto in director Gore Verbinski's retake on '50s television hit, The Lone Ranger. The film, which opens July 3 of 2013, sees Native American spirit warrior Tonto recounting the untold tales that transformed John Reid, a man of the law, into a legend of justice. ©DISNEY ENTERPRISES, INC. AND JERRY BRUCKHEIMER INC.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Christina Aguilera: I'm through being skinny

THE WORD
Dorothy Robinson
scene@metronews.ca

The Word has been waiting for Christina Aguilera to lose weight and then get paid a mint to appear in a Us Weekly cover story to talk about how she shed the pounds — a.k.a. Tabloid Journalism 101.

But, God bless her, it doesn't look like that cover is coming up any time soon, as Aguilera is embracing her curves.

In a recent interview with Billboard magazine, The Voice mentor says she's through worrying about staying skinny to promote her music. "During the promotion of my album Stripped, I got tired of being a skinny white girl. I am Ecuadorian, but people felt so safe passing me off as a skinny, blue-eyed white girl," she says, recounting how she put on 15 pounds during promotion for that album, prompting a "serious emergency meeting" with her label reps about potential backlash over her weight gain.

"(They claimed) people I toured with would also miss out if I gained weight because I would sell no records or tickets for my shows," she explains. "I was young, so I lost the weight quickly and was toothpick thin during Back to Basics promos and touring."

But for her latest record, she'd had enough: "I told them during this Lotus recording, 'You are working with a fat girl. Know it now and get over it.' They need a reminder sometimes that I don't belong to them. It's my body," Aguilera says.

Swift to swoon: So who is Taylor going to croon about next?

In what is probably not the most shocking news of the year, Taylor Swift admits she can fall in love easily.

The 22-year-old singer-songwriter tells Marie Claire magazine that she still believes in love "even after it explodes into a million pieces and burns down and you're standing in a pile of ash of what it once was thinking, 'Why did I have to meet this person, why did this have to happen?' But then, when you make eye contact with someone across the room and it clicks and, bam, you're there. In love again." As for her penchant for writing explicitly about ex-boyfriends in her songs? She makes no apologies. "It's not like it's in the fine print," she says. "It's not my fault if someone gets into a relationship with me and then cheats and I write a song about it."

Cupid comes back

"...you make eye contact with someone across the room and it clicks and, bam, you're there. In love again."
Taylor Swift

Taylor Swift ALL PHOTOS GETTY IMAGES

A SPECIAL REPORT PRESENTED BY
THE TORONTO COMMUNITY FOUNDATION

TORONTO COMMUNITY FOUNDATION
The Art of Wise Giving™

TORONTO'S VitalSigns® 2012 Report

TO LEARN MORE, SEE THE TORONTO'S VITAL SIGNS FULL REPORT® AT: TCF.CA

Toronto: Dare to become great

Hot off the presses is the annual Toronto's Vital Signs Report measuring our city's quality of life. It tells us we're the 15th most livable city in the world according to the Mercer Quality of Living Survey and the 12th in competitiveness according to the Economist.

To quote a Torontoism: "not too bad."

In a 2010 survey, almost everyone (97 per cent) felt that the city in general is safe. There were fewer property crimes in Toronto in 2011, the number of hate crimes reported was at its lowest level since statistics were first gathered, and the overall number of crimes has decreased 35 per cent in just five years.

Despite all these affirming facts and figures, we have a sneaking feeling that all is not well. The world around us seems fragile, on the edge. After all, we are bombarded daily with how much worse things could actually be -- financial collapse, political instability, war, famine, natural disasters. So maybe "not too bad" is pretty good.

But this year's Toronto's Vital Signs also shows that Toronto has emerged as the metropolitan centre in Canada with the highest level of income inequality.

The poorest 20 per cent of Canadians have more than double the rate of diabetes and heart disease than the richest 20 per cent. Immigrants arrive here in excellent health only to see it eroded the longer they stay.

Canadian children received a grade of 'F' on the Active Healthy Kids Canada Report Card with close to half spending three hours or less a week in active play. In Toronto, one in three children is overweight or obese.

So while many of us are doing quite well, others not so much.

Looking ahead, in less than twenty years there will be about twice as many seniors as youth in the GTA and more than three out of four residents will be immigrants or children of immigrants. By 2025, it is estimated that 60 per cent of Toronto neighbourhoods will be low or very low income.

As Torontonians, we should all take pride in the overall results of this year's Toronto's Vital Signs, but recognize there are some very worrisome trends emerging. In the great scheme of things we are doing all right. But it takes courage to accept our failings and overcome our fears. It takes courage to reject the quick fix and invest in the future. It takes courage to move beyond "not too bad" and dare to become "great".

Photo: Erin Seaman

Rahul K. Bhardwaj, President & CEO, Toronto Community Foundation, left, and John B. MacIntyre, Chair of the Board of Directors, believe it will take courage for Toronto to move beyond "not too bad".

Toronto's Vital Signs:

A snapshot of quality of life in Toronto

Photo: Jason Wagar

The Toronto Community Foundation partners with many researchers to produce the Toronto's Vital Signs® Report. The Report identifies progress we should be proud of and challenges that need to be addressed. It is a consolidated snapshot of the trends and issues affecting the quality of life in our city and each of the interconnected issue areas is critical to the well-being of Toronto and its residents.

What you will see in the pages following is a condensed version of the 2012 Toronto's Vital Signs® Report, specially designed for this publication. For an in-depth 360 view, you can access the full report at www.tcf.ca.

The annual snapshot on

A SPECIAL REPORT PRESENTED BY
THE TORONTO COMMUNITY FOUNDATION

TORONTO'S
VitalSigns®
2012 Report

Join t
twit
faceb

TO LEARN MORE, SEE THE TORONTO'S VITAL SIGNS FULL REPORT® AT: TCF.CA

Where is Toronto strong?

Photo: Laura Brown

We are the 15th most livable city in the world (out of 51 global cities), and 12th in competitiveness (out of 120 global cities).

At the end of 2011, Toronto's economic momentum was at its highest level in ten years.

There were 189 high-rises under construction at the start of 2012, compared to 97 a year earlier.

Personal bankruptcies declined to their lowest number since 2000 (24% lower in 2011 than in 2010).

The 1,000 or more 'green' organizations and businesses in the Toronto Region have generated 20,000 jobs and injected $2 billion into the regional economy.

Our cultural product is strong. Toronto's film, television, digital media and commercial production rebounded in 2011, close to the peak high of 2001. The sector earned more than $1.13 billion from on-location shooting in Toronto in 2011.

Health and Wellness

Torontonians value healthy lifestyles, but how do we get moving towards better health?

• Obesity affects 1 in 7 Torontonians (18 years and older).
• 46% of Canadian children spend 3 hours or less a week – including weekends – in active play (guidelines suggest 180 minutes per day). In Toronto, that's about 184,400 of the city's 400,840 children.

Photo: Hospice Toronto

Safety

The numbers tell us Toronto is getting safer, but do Torontonians feel safer?

• The number of crimes in Toronto dropped for a fifth straight year in 2011, to 164,144 – a 35 per cent decrease in just 5 years, and a 5.6 per cent decline since 2010.
• The number of hate crimes fell to the lowest level since statistics were first gathered in 1993.
• 97 per cent of residents felt safe in Toronto neighbourhoods in 2010 (up from 86 per cent in 2009).
• 89 per cent of Toronto high school students felt safe at school in 2010.

Work

Toronto does a great job of attracting young workers, but how do we ensure job opportunities for them?

• The Toronto Region scores high on labour attractiveness – in 5th place out of 24 global centres.
• In July 2012, about 1 in 10 people in Toronto's workforce were unemployed – a rate one-third higher than Canada's unemployment rate at 7.3 per cent.
• The youth unemployment rate (15-24 year-olds) in the Toronto Region remained above 17 per cent in 2011 (51 per cent higher than in 2001).

Gap between Rich and Poor

How is the profile of poverty changing in Toronto?

• In its Scorecard on Prosperity, the Toronto Board of Trade gave Toronto a "C" for income distribution, making it Canada's least equitable metropolitan region.
• The number of low-income lone-parent families declined almost 5 per cent between 2009 and 2010, while the numbers of low-income single people – particularly seniors – grew.
• Food bank users on social assistance pay, on average, 73 per cent of income on housing and utilities, leaving about $5.67/person/day for food, clothing and all other expenses.

Housing

How serious are we abou affordable housing crisis?

• Housing affordability has deter Region since 2004, and is still be
• A standard two-storey house in $700,000.

Getting Around

How will Toronto achieve a much-needed regional

• Canada's transit systems need between 2012 and 2016 (80 pe Region), to meet demand for ne transit pressures.
• In 2011, the TTC set a new rid year in a row, transporting more
• More than half of GTA residen public transit is the highest func supported the implementation that introduced in London.

Environment

We have much to be pro reach its waste diversion

• Toronto diverts less than 50 per cent of residential waste from landfills – still a long way from its 70 per cent diversion goal.
• The number of buildings that met the LEED Gold standard jumped by 88 per cent between April 2011 and March 2012.
• 68 per cent of the Toronto District School Board's 591 schools are now certified E
• Eight of Toronto's 11 beaches identifying them as some of the

Learning

What should be done wit Toronto's schools?

• 70,000 spaces in Toronto's ele
• The average utilization rate is schools and 78 per cent for high in five school spaces is potential '905' region, some school board capacity.
• The number of Toronto Region credential has increased by almos
• 56.2 per cent cent of Toronto R older) has a post-secondary diplo from 46.9 per cent in 2001).
• The percentage of high school 77.1 per cent in 2001, to 83.6 pe

our city's quality of life

TORONTO COMMUNITY FOUNDATION

The Art of Wise Giving™

the conversation:

ter #TVS2012 or @TorontoCF

ook facebook.com/TorontoCF

t resolving our
?

iorated by 40% in the Toronto
ing eroded.
Toronto now costs almost

d

a consensus on funding
transit network?

d to invest almost $39 billion
r cent of it in the Toronto
ew service and alleviate current

lership record for the second
e than half a billion passengers.
nts polled in 2011 believe that
ding priority, and 55 per cent
of a 'congestion fee' similar to

ud of, but can Toronto
goal of 70%?

Photo: The Living City Foundation

co Schools.
s are again flying 'Blue Flags',
e cleanest in the world.

h all the 'extra' space in

mentary schools are 'empty'.
76 per cent for elementary
schools, meaning at least one
ly unfilled. In contrast, in the
ls are at over 100 per cent

residents with a post-secondary
st 20 per cent in a decade.
egion residents (15 years and
oma, certificate or degree (up

graduates has also risen (from
er cent in 2011).

Photo: Sonya Reynolds for CUE

Arts and Culture

If Toronto made the same investment in arts and culture as other big cities in Canada, what economic and social impact would that have?

- Toronto experienced 14% growth in net cultural investment between 2006 and 2009, putting it in last place compared to other Canadian cities (Calgary, Ottawa, Montréal and Vancouver averaged growth of 85%).
- The 2012 City budget of $16.3 million in grant funding to cultural organizations was unchanged from 2011 and 2010.
- Toronto has the largest neighbourhood-based library system in the world; its 99 branches welcomed more than 19 million visitors in 2011.

Leadership, Civic Engagement and Belonging

Why is the 'diversity gap' in leadership not closing in a diverse city like Toronto?

- There are 5 visible minority council members out of 45 (in the City of Toronto), rather than the 21 who would more accurately reflect the city's diverse population.
- 87% of respondents to a recent poll said that "Torontonian" best describes who they are. The sense of identification with the city was stronger in Toronto than in three of Canada's other largest cities.
- Torontonians identify their city as enriched by diversity (90%), a global financial centre (79%) and a city that embraces newcomers (86%).

Where is Toronto vulnerable?

» By 2025, almost 60% of Toronto neighbourhoods could be low-income.

» Projections by University of Toronto researchers predict a virtual disappearance of middle-income neighbourhoods by 2025 (from 66% in 1970 to 20% of Toronto's neighbourhoods in 2025). The starkest change will be in the proportion of very high- and very low-income neighbourhoods.

» In 2011, the number of Toronto homicides was at its lowest level since 1999, but increased gun violence in the city in 2012 is cause of concern.

» Most newcomers arrive in Toronto healthier than the average Canadian, but many become less healthy as they live here longer. Over time, changes in diet, stress, and economic marginalization take their toll.

» 1 in 10 adults in Toronto was living with Type 2 diabetes in March 2011. Areas of northwest and east Toronto have some of the highest prevalence rates in Ontario.

Photo: Laura Brown

A SPECIAL REPORT PRESENTED BY
THE TORONTO COMMUNITY FOUNDATION

TORONTO'S **VitalSigns®** 2012 Report

TORONTO COMMUNITY FOUNDATION
The Art of Wise Giving™

TO LEARN MORE, SEE THE TORONTO'S VITAL SIGNS FULL REPORT® AT: TCF.CA

"Our experience proved very, very positive"

Toronto was the city Greg and Maggie Wilkinson loved most, and they looked forward to making it even better. In 2010, after almost 30 years away, they moved home. But the Toronto they returned to was a larger, more complex city than the one they remembered. What, and where, was the best place to direct their giving now?

Fortunately, the Wilkinsons had tools to help them decide — the same tools you or any other city resident can access.

One of them was the Toronto's Vital Signs® Report, an annual publication examining interconnected areas critical to the well-being of Torontonians. Vital Signs® provides a snapshot of Toronto as it is today, highlighting the challenges and opportunities. "We look forward to reading it every year," says Greg.

Another tool was the Toronto Community Foundation's (TCF's) online Community Knowledge Centre (CKC).

Greg and Maggie had already established their Wilkinson Family Fund through the Toronto Community Foundation. It was a philanthropy model they knew well, as Maggie's parents, Bruce and Mary Dunlop, had been involved with Community Foundations for almost 20 years. The Dunlops, however, didn't have the CKC to help them direct their giving.

"I'll admit to some initial skepticism about it," says Greg. "But I was wrong. Our experience proved very, very positive."

The Wilkinsons knew what kind of charities they wanted to support: those that helped young people,

Photos: Sonya Reynolds for SKETCH Working Arts

while emphasizing education, arts and culture. They just didn't have a comprehensive list of charities like that in Toronto.

By inputting their areas of interest into a CKC search, they found that list. And then they found SKETCH: a community-based arts initiative for young adults who are homeless or living on the margins.

"SKETCH appealed to us for many reasons," says Maggie. "One being the vignettes we saw posted on its CKC profile page. In these videos, we saw how SKETCH was providing kids with the creative outlets they were looking for."

"We had not heard of SKETCH before we discovered it on the CKC. And I doubt we'd have discovered it otherwise."

The Wilkinsons haven't made their granting plans for 2013 yet. But they will keep growing their fund, and continue to educate themselves about Toronto's needs, and the ever-growing list of not-for-profits out there to meet them. They're building a legacy of giving. "In the future," says Greg, "we hope to get our kids involved too."

- Chris Edwards

Help your community for years to come

Photo: Laura Berman GreenFuse Images for FoodShare

Donate a little money, and you can help your community today. But that money could also help your community for years to come. The Toronto Community Foundation (TCF) can show you how.

For more than 30 years, TCF has been helping donors like you create long-term strategies for their charitable giving. TCF staff work with you to set up an endowment fund (Donor Advised Fund), allowing you to set aside money, earning income that becomes granting dollars for the charities or causes that spark your interest.

It's through the Toronto's Vital Signs® Report that TCF stays up-to-date on areas of the city in need of help. Published annually, and compiled from current statistics and special studies, Vital Signs® looks at interconnected areas critical to the well-being of Torontonians. It is TCF's most valuable tool for steering the Foundation's philanthropic activities. As a TCF donor, you'll rely on this knowledge too. You can turn to TCF for information, due diligence, and advice on charities you're interested in.

Establishing a Donor Advised Fund allows you the same degree of involvement and recognition you would get from having a private foundation, but without the 'back-office' and financial stewardship responsibilities. TCF handles that part on your behalf. You'll be free to focus on creating positive change, while the Foundation provides the support and services to make it happen.

Your Fund can continue to do good even after you're gone. Members of TCF's Legacy Society make the Foundation a beneficiary of their estate or life insurance policy, often with family members serving as an advisory council. TCF works with you or your professional advisor to ensure your philanthropic work will go on, exactly the way you envisioned it.

TCF now holds more than 340 endowed funds and assets under administration of more than $250 million, making it one of Canada's largest public charitable foundations.

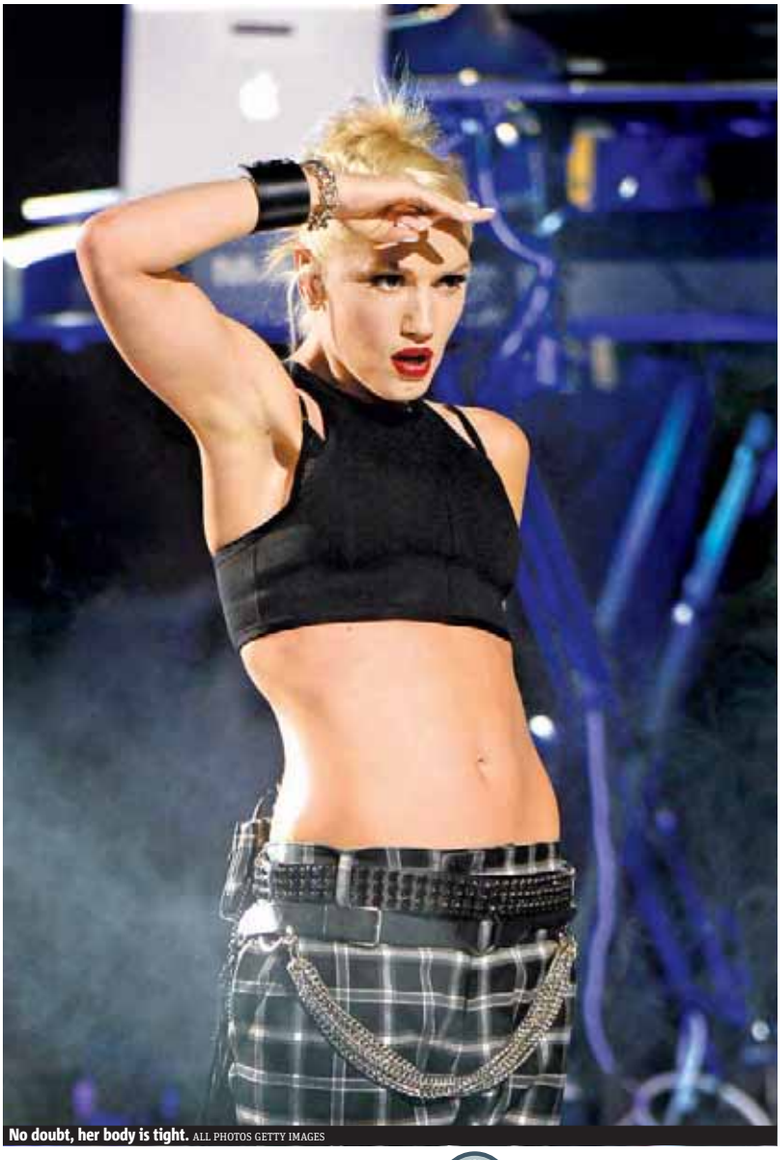
Building a better city means knowing the challenges, assembling change-makers who can find the solutions, and investing to make those solutions happen. This is "The Art of Wise Giving," and TCF has mastered it.

- Chris Edwards

Get a body like Stefani

Fitness. As No Doubt's sixth studio album, Push and Shove, drops Sept. 25, we look at how lead singer Gwen, 42, stays toned

ROMINA MCGUINNESS
Metro World News


No doubt, her body is tight. ALL PHOTOS GETTY IMAGES

She looks 20-years-old still.

From the runway to the gym, she still looks good.

LESSON 1: EAT LIKE GWEN

According to personal trainer Mike Heatlie, who has worked with Gwen Stefani on and off for more than 10 years, 75 per cent of exercise is overrated.

"It's not that it doesn't help," he explains, "But if you want a slim waist and six-pack as defined as Gwen's, you need to reduce your overall body fat and the only way to do that is by changing your diet."

The fat loss strategy

"We live in an obesogenic environment — meaning fatty, sugary foods are everywhere, making it hard for us not to get fat," Heatlie tells Metro.

"If your diet is rich in white carbs, such as pasta, cereal and soda, then you're probably consuming too much energy.

"Carbs stop the fat burning process because the body prefers using the energy provided by carbs — glycogen — over the energy from fat. The body will only start burning fat if carb levels are low and it has no other option. But if you want this process to happen, you'll have to cut back on carbs."

Carb-calorie cycling

It's not what you eat once in a while that matters, but what you eat consistently, Heatlie explains.

"A diet plan that's too strict becomes unsustainable. If 90 per cent of your diet is 'good' then the remaining 10 per cent that's 'bad' doesn't really matter. Choose five to six days in the week when you aim to reduce your intake of carbohydrates. Maybe swap your breakfast of cereal for a protein smoothie with fruit.

"In the evening, have something like salmon or chicken with vegetables (which you should always have with your dinner) rather than bread and pasta.

"But make sure you give yourself one or two days off where you can eat more or less what you want as this then becomes a sustainable lifestyle rather than a quick fix diet."

The secret to Gwen's six pack

"The key to a six-pack like Gwen's is to follow a strict low-carb diet and combined with regular resistance training.

"You could have the most amazing six-pack, but if there's a layer of fat over it, you won't be able to see it.

"The body fat must be around 15 per cent for women and less than 10 per cent for men if you want that six pack to show," reveals Heatlie.

LESSON 2: LIVE LIKE GWEN

Check out No Doubt's newest video — Settle Down — and Stefani looks more like 22-years-old than 42-years-old.

"The only way to appear naturally younger is to lead a balanced lifestyle," says Heatlie.

"If you carry excess weight and have too much stress in your life, it will start to show on your face, making you look older than you really are."

More online

Need your abs fix?

- **On the web.** Go to metronews.ca/scene to guess the celebrity abs

Heatlie recommends three effortless rules to help you hold on to your youth:

1 "Avoid eating too much salt, which causes water retention and will make you look bloated."

2 "Keep your diet high in antioxidants by making the effort to eat plenty of fresh fruit and vegetables every day as well as drinking four to five cups of green tea and about three liters of water. Antioxidants prevent and repair damage to our body's tissue by slowing or preventing the damaging effects of free radicals."

3 "Cut back (or out) on alcohol and cigarettes. Chemicals in tobacco smoke damage collagen and elastin, the fibers that give your skin its strength and elasticity, which can lead to wrinkled skin. Alcohol intake can reduce the level of vitamin A within the body, allowing free radicals to spread and accelerating the deterioration of collagen and elastin — leading to more wrinkles and fine lines."

LESSON 3: MOVE LIKE GWEN

If it feels like you're putting in a tremendous amount of effort into your workout, yet you're not getting the results you were hoping for, then it could be that you're not training correctly.

"In order to notice a difference in yourself you need to be working out at the correct intensity levels. Your body shape will only change if it's put under strain and stress because the real fat-burning hormones, growth hormones and testosterone, only get stimulated under intense physical training," says Heatlie.

Whilst he recognizes the benefits of cardiovascular training, such as running or cycling, Heatlie believes that one of the best ways to get a lean and sexy muscular structure like Gwen's is by really putting the body under pressure by mixing cardio and resistance training.

Are you ready to push and shove your way to a leaner body?

On the web

Qriket

Bats, camels or goats? Animals under suspicion in hunt for source of new virus related to SARS

The Gwen Stefani workout

Mike Heatlie's workout tip

"Make sure that you don't rest in between each move. If you are a beginner, the maximum time you should stop is 10 seconds. The workout needs to be as intense as possible as your body needs to be stressed in order to change."

Do the exercises in the following order:

- Dumbbell squat (working the lower body)
- Standing dumbbell Shoulder press (working the upper body)
- Front Lunge (working the lower body)
- Tricep dip (working the upper body)

Want to lower your body fat and rock a body like Gwen? Here's how:

DUMBBELL SQUATS

Position your legs shoulder-width apart with your toes pointed straight ahead.

Pull your weight down through your leg muscles and keep your weight back on your heels as you descend.

Push your chest out very slightly in front of you to counter balance the heavy load on your heels.

Push up powerfully from each squat.

Reps: 12/15

DUMBBELL SHOULDER PRESS

Grab the dumbbells, keep your feet hip width apart, and a slight bend in your knees. Bring the weights up to your shoulders and lift your arms up towards the sky keeping your stomach and lower back tight. Bring your arms down (weights should be by your neck) three seconds on the way down and then press the weights back up.

Sets: 4
Reps: 12/15

FRONT LUNGES

Stand with your feet together hands on hips. Make sure your shoulders are back and your chest is out and then take a big step forward with your right leg as you drop your left knee to the floor. Once you've dipped to the floor, pushing off and driving back to the centre using your right heel. This is great for your quads and glutes.

Sets: 4 on each side
Reps: 12/15

TRICEP DIPS

Sit on the bench/chair and put your hands by your sides.

Step out just far enough so that your back is barely touching the bench/chair. Make sure you don't step out too far from the chair/bench, as this will put unnecessary stress on the elbows. Make sure you remain in control of your movements as you dip up and down.

Sets: 4
Reps: 12/15

Up and Down

UP

SLEEP

Together with calorie restriction and physical activity, sleep is a crucial component of a healthy weight loss plan.

DOWN

Weight Watchers

According to singer Jessica Simpson, Weight Watchers is not about weight loss. The singer, who signed a contract with the brand after giving birth, was expected to lose an average of 50 to 60 pounds. So far, she's lost around 40.

Gear up for Turkey Day with Cranberry-Stuffed Pork

Orange-Glazed Pork with Cranberry & Walnut Stuffing

This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Pork tenderloin is a delicious and lean cut of meat. Due to improved farming practices, you can now safely cook pork to medium, keeping it moist.

1. Preheat oven to 375 F. Line baking sheet with foil lightly coated with cooking spray.

2. Stuffing: Combine cranberries, walnuts, cinnamon, cloves and walnut oil in bowl of food processor. Pulse on and off until mix is crumbly. Add diced brie and pulse once or twice, just to combine.

3. Open pork loin like book and stuff with fruit and nut stuffing. Secure with kitchen string. Set large skillet lightly coated with cooking spray over medium-high heat and sear until browned on all sides, about 2 mins on each side. Place on baking sheet; bake 20 mins. or until cooked to medium (until the meat reaches an internal temperature of 145 F). Let rest 10 mins. before slicing.

4. Glaze: Combine juice, jelly, vinegar, oil, orange zest and garlic in a small saucepan. Set over medium heat 1 min. and drizzle over pork. Garnish with parsley. ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

Pork
- 1 1/2 lb pork tenderloin, butterflied

Stuffing
- 2/3 cup dried cranberries
- 1/3 cup toasted walnuts
- 1/2 tsp cinnamon
- pinch of ground cloves
- 2 tsp walnut (or olive) oil
- 1 oz diced brie

Glaze
- 2 tbsp orange juice concentrate
- 2 tbsp red currant jelly
- 1 tsp balsamic vinegar
- 1 tsp olive oil
- 1 tsp orange zest
- 1/2 tsp finely chopped garlic

Garnish
- 3 tbsp chopped parsley

Health Solutions

Don't gobble gobble extra calories

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Much of the disastrous 10 pounds per decade (that is suspected of being the foundation of our obesity crisis) is acquired between Thanksgiving and Christmas.

Regardless of your familial background, there are more gatherings, celebrations and opportunities to eat at this time of year. Navigating them so you can enjoy without the backside burden takes a tiny bit of practice. Here's your game plan:

1. Veggie platter
Be the one who always brings the veggie platter with hummus.

2. Healthy nibbling
Seat yourself next to said platter and nibble to your heart's content.

3. No pre-dinner snacking
Promise yourself you will not eat the chips, popcorn, peanuts, chocolates and any other manner of crap before dinner. (After dinner, if you are still hungry...ha,ha,ha... go ahead)

4. Fill your plate with veggies
When dinner is served, fill half of your plate with green vegetables, 1/4 with starchy vegetables like carrots and squash and the other 1/4 with lean protein.

5. Stay away from deep-fried foods
Avoid anything deep fried. (Note: This is the first time I have used the word "avoid".)

6. Watch the liquor
Never have more than two alcoholic beverages.

After the celebration season, you may some excercise skills, but, if you follow these steps, you shouldn't have too much trouble.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Best Health

How do you like them apples?

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Apples are so good for you.

How? They help protect your heart, they boost your fibre intake, they help fight Type 2 diabetes and they might even protect against various cancers. And there are so many ways to love Canadian apples.

But which ones are best for snacks, and which are best for cooking with?

In the October issue of Best Health magazine, we rounded up eight varieties and offer ideas for how best to enjoy tbem. Here are four.

Red Delicious
A classic variety, this one is sweet and juicy —idea for a snack or salad. It's called delicious for a reason. But it's not a great cooking apple.

Cortland
An offspring of McIntosh, it is crispy and has a mild, sweet taste. It resists browning, making it a great choice for salads and fruit plates.

Royal Gala
Because this variety is sweet, it's great for eating fresh as a snack. Nice and crispy, it's a kids' lunchtime favourite.

McIntosh
This apple is a little bit tart and a little bit sweet —so it's excellent for eating fresh, and for making pies and homemade sauces.

Want to know what the other four types are?

Take a look at the October issue of Best Health, on newsstands now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GOT TO BESTHEALTHMAG.CA/METRONEWS

TORONTO MOBILE VETERINARY SERVICES

Professional & friendly veterinary care all in the comfort of your own home!! We provide general, emergency and procedural services and much more!!
Open after-hours, weekends and holidays.

Call 647.389.4VET (4838) OR visit www.tomobilevet.com for an appointment TODAY!!

Are you a Healthy Person between 18 and 55 years of age?

If so, we want to hear from you!

Apotex is currently recruiting healthy men and women to participate in studies on pharmaceutical products.

CALL: 416-741-4256 Toll Free: 1-877-APO-CLNC (1-877-276-2562)
Hours: 8:30am to 5pm Monday to Friday
or register online @ www.apotex.ca

- YOU WILL BE PAID upon completion of the study
- Compensation may range from $800 to $3900 depending on the length of the study

APOTEX ADVANCING GENERICS

Addicted to Oxycontin or other opioids?
Call: 416 538 3839 • NO REFERRAL NECESSARY

- **methadone** maintainence treatment
- individual addiction **counselling**
- treatment of **psychiatric** and **HIV-related illnesses** as part of a comprehensive addiction program

For more information or, to book an appointment please contact ***Linda @ intake.***

QSTC Queen Street Treatment Clinic
1194 Queen St. W Toronto, ON M6J 1J6
(416) 538-3839 • e-mail: lparent@qstc.ca

Put yourself in high demand with a career in
Classes start November 26
✓ Police Foundations
✓ LSUC-Accredited Paralegal
✓ Law Clerk
✓ ICCRC-Accredited Immigration Consultant

Police Foundations
Police officers and security specialists continue to be in demand. To meet this need, Herzing College offers a one year diploma program which is in compliance with the Ministry of Community Safety And Correctional Services (MCSCS).

Why Choose Herzing College?
- Educating students in Toronto since 1968
- Internship with every diploma program
- Excellent full-time Career Development Department
- Instructors with industry experience
- You will focus on one subject at a time
- Presentation Centre for students and Guest Speakers
- Resource Library
- Conveniently located in the Toronto Eaton Centre
- Student Loans & Grants available if you qualify
- No classes on Fridays!

Join us on facebook.com/herzingtoronto

Contact Herzing College today!
HERZING® COLLEGE
TOR_0039BA_0912
1-888-NEW CAREER (1-888-639-2273)
Herzing.ca/Toronto | info@tor.herzing.edu

Don't barrage your work buddies with your very personal beliefs. ISTOCK

Pipe down when it comes to politics in the workplace

Elect not to speak. If it's going to create an unnecessary stir, best to keep it to yourself

MONICA WEYMOUTH
Metro World News in Philadelphia

Every office has that one employee who feels compelled to share his views on divisive political issues. (It should go without saying, but just in case: Don't be that guy.)

Come election season, however, even your tolerable co-workers are likely talking politics a bit.

How do you keep it more professional than campaigns? We checked in with consultant Susan Heathfield, About.com's Guide to Human Resources.

Think before you speak

Politics isn't the only topic that can lead to uncomfortable situations among coworkers.

Before you bring up your beliefs, consider how and why you're sharing the information.

"Think about your conversations at work: Are they advancing productivity or relationships? If not, you shouldn't be discussing it at work," says Heathfield.

"Politics is a hot button — just like religion and sexuality. It's very easy to go from 'this is my opinion' to 'this is what is right.'"

Take a pre-blab breather

"Think about your conversations at work: Are they advancing productivity or relationships? If not, you shouldn't be discussing it at work"
Susan Heathfield
About.com's Guide to Human Resources

Uncomfortable? Say something

Whether it's your boss or your assistant who's crossing the line, talk to them about it instead of merely resenting them. "You should be able to say, 'Hey, I'm really uncomfortable with all of this political stuff — can you stop it?'" says Heathfield. "Be very forthright."

If all else fails, talk to HR

A boss who rants about his or her political beliefs can easily and accurately be accused of discrimination, harassment and creating a hostile work environment — words that can quickly add up to 'lawsuit.'

For this reason, says Heathfield, your HR department will be very happy to help diffuse the situation before things get worse.

SET THE STAGE FOR YOUR SUCCESS WITH MANAGEMENT AND PRODUCTION TRAINING

Audio Engineering and Production/DJ Arts
Film & Television/Production and Post
Event & Venue Management
Entertainment Management

INSTITUT TREBAS INSTITUTE
WWW.TREBAS.COM
FOR INFO ON A CAREER IN ENTERTAINMENT
416-966-3066
2340 DUNDAS WEST, 2ND FLOOR, TORONTO, ONTARIO
@TrebasToronto
Trebas Toronto

WORK BETWEEN PLAY

Enrol in our Tax Training School and you could start a career that lets you live life your way. Choose a class schedule and location that is convenient for you.

Classes start mid-Sept.

Register online at hrblock.ca or call 1-877-32BLOCK (322-5625)

Enrolment in, or completion of, the course is neither an offer nor guarantee of employment. Some restrictions may apply. ©2012 H&R Block Canada, Inc.

H&R BLOCK®

ROGERS smt direct
ROGERS COMMUNICATIONS TELESALES AGENT
Earn up to $16 an hour
✓Guaranteed base salary
✓Competitive bonus structure
✓Monthly transportation allowance
✓AM/PM Flexible shifts
Call TODAY!
416-849-0960 (9am - 9pm)
hr@smtdirect.com

MIDTERM MADNESS

BEST APPROACH IS TO STUDY FREQUENTLY DURING THE SEMESTER

ISTOCKPHOTO/THINKSTOCK

When studying for midterms, one of the biggest (and most common) mistakes students make is that they cram right before the test.

"The brain just doesn't take in all that … information at once," says Julie Lockhart, a writing and learning strategist with Mount Royal University in Calgary. "Our brain likes us to break things up into smaller pieces and go over it more than once."

For this reason, students should begin their midterm preparations as soon as classes begin and study the material on a regular basis. Students should use the course syllabus as a guideline for what topics they will need to know for the midterm.

Even if students haven't been doing that, they can apply the same learning principle between now and their midterm. If the midterm is in three days and the student has three chapters to cover, they should plan to study one chapter a day.

In preparing for the midterm, students shouldn't just re-read the material. In order for the brain to truly absorb the information, people need to do something active with the information.

"They need to go through lots of practice questions," says Elizabeth Challis, a study skills facilitator at the University of Winnipeg. She even recommends that students make up questions based on the lectures and course readings.

"If they can't answer some of the questions, that means they don't know the material well enough," says Challis.

When preparing for a midterm, Joanne Mills, the co-ordinator of counselling services at Mount Saint Vincent University in Halifax, recommends studying in chunks of no more than an hour.

"I do feel that our concentration and focus work primarily for 45 to 60 minutes," she says.

Mills recommends taking a quick break if you feel your mind wandering or are having a hard time staying on task.

– Richard Woodbury

STUDY LOCALES: TWO SCHOOLS OF THOUGHT

When it comes to where one should study for a midterm, there are two prevailing schools of thought. One holds that people should study in the same place they always do, while another says they should change up their study locale.

"If we vary the location of where we study, it forces our brain to compensate for the sort of distraction for the new stimulus that's around us and it actually makes our brain work harder," says Elizabeth Challis, a study skills facilitator at the University of Winnipeg.

She recommends that students experiment and find out which location works best for them.

NEW PROGRAMS AN OBVIOUS FIT

FOR SHERIDAN'S ANIMATION AND DESIGN FACILITIES

Sheridan College is internationally recognized as being amongst the world's finest design and animation facilities — and a pair of new programs is going to ensure Sheridan stays at the vanguard of the industry.

"We've always been leaders in digital media and design," says Angela Stukator, the school's associate dean, animation and game design, referencing its recent designation by Animation Career Review as the No. 1 school for animation, gaming, and design.

"The industry is thrilled and delighted. They see it as an obvious fit and long overdue for Sheridan to launch these programs."

The school is launching two new degree programs for September 2013 — game design, and interaction design. Both are four-year programs and, in terms of the interaction design program, it represents a recognition of what is already being taught.

"Interaction design is a very new sort of discipline," says Ed Naus, from Sheridan's faculty of animation, arts, and design. "Is it background programming? Is it front-end graphics? Actually, it's a bit of both.

"It's always been around; now it's being labelled. We've taken components from other courses because we've realized there's a future need."

Naus explained that interaction design examines a number of different disciplines and teaches students to design programs that interact with users within its environment. This can range from walls that change with the view, to rooms that react to the emotions of the people within it.

"The game design program represents the first bachelor's degree in Canada for game design," Stukator says. "It prepares graduates for positions as game designers, artists, and developers within the burgeoning game industry. It's an uniquely multidisciplinary program."

Applications begin in January. A game design open house is scheduled for Nov. 17 at Sheridan's Trafalgar Campus.

For more, see sheridancollege.ca/.

ISTOCKPHOTO/THINKSTOCK

Bringing learning to life.

Over 250 programs at **CentennialCollege.ca**
See where experience takes you.

CENTENNIAL COLLEGE

Rotman School of Management
UNIVERSITY OF TORONTO

Are you an internationally educated professional? Finding it difficult to advance your career in Canada?

Business Edge: A Program for Internationally Educated Professionals

- Workplace Effectiveness
- Language Fluency
- Career Action Planning
- Developing and Managing Critical Relationships
- Post-Program Support
- Coaching
- Influencing
- Negotiation Skills

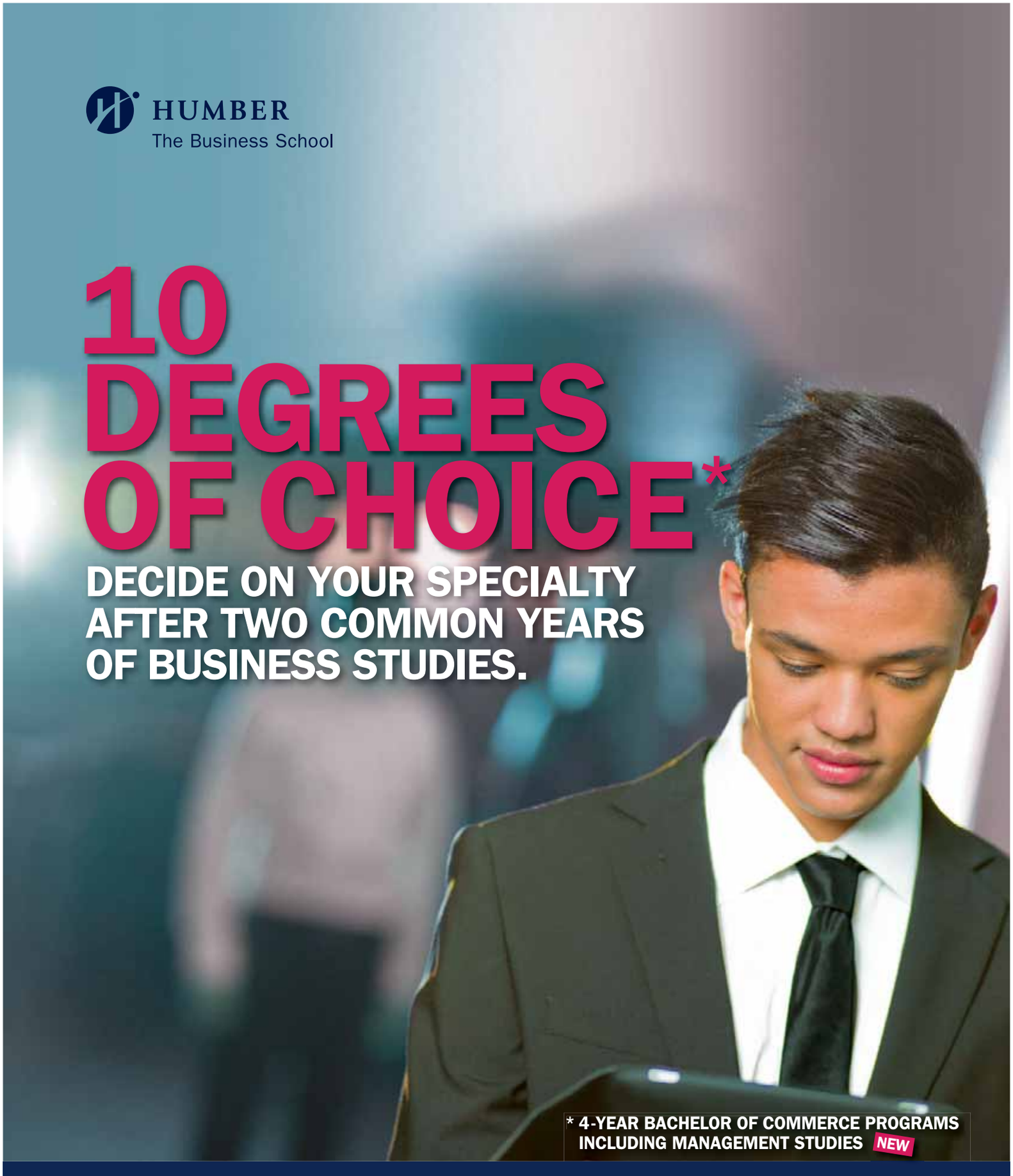
Information sessions 6–7pm on:
Tonight! Tuesday October 2
Wednesday, October 10

Location: Rotman School of Management
105 St. George Street, 3rd Floor
(Executive MBA Programs Area)

To register call: 416.978.7066
www.rotmanexecutive.com/businessedge

Rotman

Funded by:
Canada Ontario


HUMBER
The Business School
10
DEGREES
OF CHOICE*
DECIDE ON YOUR SPECIALTY
AFTER TWO COMMON YEARS
OF BUSINESS STUDIES.
* 4-YEAR BACHELOR OF COMMERCE PROGRAMS
INCLUDING MANAGEMENT STUDIES
NEW
View your choices at business.humber.ca/degrees

ISTOCKPHOTO/THINKSTOCK

BEST OF BOTH WORLDS

AT KING'S COLLEGE

Students attending King's University College in London, Ont., can have it all — the personalized attention and smaller scale atmosphere of King's, combined with the recognition and gravitas that comes with a degree from Western University.

"I know it can sound like a tagline, but it's absolutely true — we offer the best of both worlds," says Matt Quinn, King's manager, communications and media relations. "We're very, very community focused. We offer smaller class sizes and a connection to the teachers. And then you can also take advantage of classes on (Western's) main campus, the libraries, and the athletics."

King's is home to approximately 4,000 full- and part-time students. Of that number, about 10 per cent are international students. There are roughly 350 residence spaces over three different building styles and a new student centre is being built. The school prides itself on its involved student body, with an active students' council and vibrant collection of clubs, including the King's Players theatrical troupe and a debating society.

And while the school, founded in 1957, has a religious foundation (it is sponsored by the Roman Catholic Diocese of London) King's College prides itself on its diversity and inclusionary nature.

"We're known as a liberal arts facility. We're a Catholic affiliate, but you don't have to be Catholic to attend King's," Quinn says. "It's open to all religions. And we believe this helps teach students to be really good critical thinkers. We believe in an education of the whole: Mind, body, and spirit. A lot of students here are also athletes at Western."

For more, visit kings.uwo.ca/.

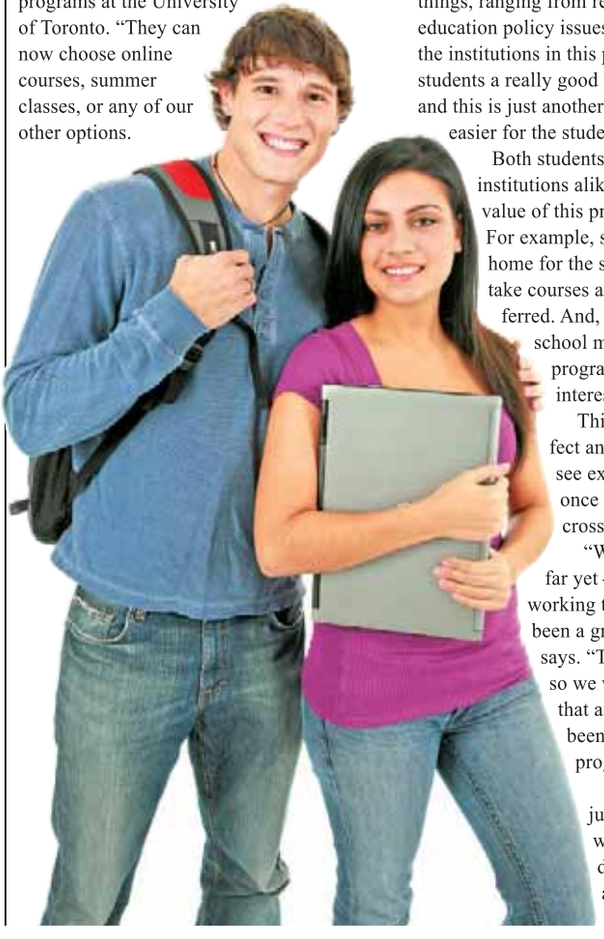
AU student AnnMarie in Edmonton, AB

COLLABORATION

NEW CONSORTIUM MAKES TRANSFERRING CREDITS EASIER FOR FIRST-YEAR STUDENTS

Seven of Ontario's most well-known post-secondary facilities have come together in an effort to help students succeed thanks to the establishment of the University Transfer Credit Consortium. The consortium allows students taking first-year arts and science credits at any of the participating universities and have them transfer for general credit at any of the other schools.

"For whatever reason, they may not be able to take courses at their home university — it could be a course they really need, but can't fit it into their schedule, or the school may not offer that particular class," says Cheryl Regehr, the vice-provost of academic programs at the University of Toronto. "They can now choose online courses, summer classes, or any of our other options.



"It simplifies and streamlines the process and improves the experience for our students."

It may be simplifying the process, but in no means was it simple. The participating schools established 20 baseline courses and worked to ensure that common standards and curriculum were set. The participating schools are McMaster University, Queen's University, the University of Guelph, the University of Ottawa, the University of Toronto, the University of Waterloo, and Western University.

"We have a group of universities that work together on a number of different things, ranging from research projects to education policy issues," she says. "Each of the institutions in this partnership are giving students a really good learning experience and this is just another option to make it easier for the student."

Both students and educational institutions alike have recognized the value of this program, Regehr says. For example, students who return home for the summer are able to take courses again that can be transferred. And, in some cases, one's school may not offer a class or program that's of particular interest to the student.

This project is now in effect and Regehr says she can see expansion in the future once all the t's have been crossed and i's dotted.

"We haven't got that far yet — getting all of us working together on this has been a great thing already," she says. "This is a pilot project, so we want to make sure that all the challenges have been worked out before we progress.

"But, really, this is just expanding upon what we've already done, and the students are very excited."

Learn. | Life-long learning never ends. Whether you want to pick up a course just for interest's sake or earn the degree you've always wanted, **Athabasca University**'s online and distance options are ready when you are. Learn more at **explore.athabascau.ca**.

Athabasca University

AN ALTERNATE PATH TO STUDIES

CHOOSE THE FAST TRACK TO A BUSINESS DEGREE AT HUMBER

DIGITAL VISION/THINKSTOCK

Not all students know what they want to do with their lives from the moment they graduate high school. They know what interests them, but they don't want to commit to a four-year degree program to pursue it. Not yet, anyway. Some choose to enrol in a college diploma program instead.

This is often the wisest choice. A college diploma program costs less than a degree program, and can be completed more quickly. It gives students the time they need to determine what field is right for them. And while they are making that decision, they can continue moving forward, gaining skills and knowledge along the way. Choosing a career is not a small thing, and it should never be rushed.

If students resist the pressure to commit to a four-year degree before they are ready, choosing a diploma program instead, there should be a way for them to transform that diploma into a degree later on. And, in fact, there is one.

At The Business School, part of Humber College, students can select from two pathways that lead them directly to a business degree from a diploma, without forcing them to begin their degree from scratch.

Pathway 1 begins when a student enrols in one of Humber's two-year business management or marketing diploma programs. These programs give them a fundamental understanding of business as it is practised today. This knowledge, combined with an 84-hour work placement, positions graduates to begin their careers — or continue their studies.

From there, the Business School makes it possible for these graduates to fast-track into a business degree. With their combination of theoretical and practical experience, they receive advanced standing to transfer into Year 2 of any of Humber's four-year bachelor of commerce degree programs. This pathway allows the student to complete a degree within five years.

Pathway 2 is similar. Students who complete a three-year business administration or business administration co-op diploma program can gain advanced standing to transfer into Year 3 of a bachelor of commerce degree program.

Like Pathway 1, Pathway 2 allows them to complete a degree in only five years.

If you have completed a two- or three-year diploma at a publicly funded college other than Humber, you may still be able to begin Pathways 1 or 2. To find out, contact Melissa Napier-Andrews, enrolment services officer, at 416-675-6622, ext. 3214, or melissa.napier-andrews@humber.ca.

For more, visit business.humber.ca.

UNIQUE ADVANTAGES

Want to turn your diploma into a business degree? If you do it through the Business School, part of Humber College, you will enjoy several unique advantages.

If you have already completed a two- or three-year diploma at a publicly funded college, with a GPA of 80 per cent or better, the Business School will provide you with a one-time scholarship of $2,500 ($1,250 each semester). No other school in Canada offers a scholarship like this.

Classes at the Business School are designed with you in mind. They put an emphasis on student-to-student interaction; focusing strongly on group work and case studies. Facilities in these classrooms are state-of-the-art, and are upgraded regularly as technology advances.

The classes are also small. The Business School's academic model isn't built around lecture halls — its class sizes average 40 to 50 students each, offering a favourable instructor-to-student ratio.

These instructors come from a mix of backgrounds. Some are pure academics; others, business leaders with years of experience to draw upon. You will gain both theoretical and practical knowledge from them.

Humber's business degree programs are taught at its Lakeshore Campus. A beautiful site, overlooking Lake Ontario, the campus offers a variety of amenities for students. You will find a library; hiking, walking, and biking trails; and a variety of options for dining.

Students attending the Lakeshore Campus are only minutes from downtown Toronto attractions, including the Air Canada Centre, Rogers Centre, clubs and theatres, the Royal Ontario Museum, the Art Gallery of Ontario, CN Tower, and Harbourfront. Its proximity to public transit makes travelling easy and affordable, any time of day.

All of which makes planning your next step that much easier.

"We allow students to build upon their credentials," says Paul Griffin, PhD, associate dean – business degrees.

"You don't have to have your careers mapped out at age 17. You can begin it when you're ready — when you've secured for yourself every advantage our programs can provide."

MORE INFO

To discover how the Business School, part of Humber College, can be your pathway to a business degree, contact Paul Griffin, PhD, associate dean – business degrees, at the Humber Institute of Technology and Advanced Learning. Griffin's office is located at 3199 Lake Shore Blvd. W., Room H215, in Toronto. He can be reached by phone at 416-675-6622, ext. 3226.

FUSE/THINKSTOCK

BE YOUR BOSS' BOSS.

A CMA designation gives you the unique management, leadership, and strategic skills to take your career to the next level.

For more information, visit **becomeacma**.com

Create Possibilities.

CMA Certified Management Accountants™

© 2012 Certified Management Accountants of Ontario. All rights reserved.
®/™ Registered Trade-Marks/Trade-Marks are owned by The Society of Management Accountants of Canada. Used under licence.

THE ROTMAN SCHOOL OF MANAGEMENT PHOTO

GET THE BUSINESS EDGE

Not all internationally educated professionals (IEPs) have the soft skills they need to be successful in the Canadian workplace. The Rotman School of Management's business edge program can help them.

This six-month program provides the tools and skills IEPs need to lead high-performance teams — making them more effective and preparing them for greater responsibility in their roles. "It's a valuable professional development program for any organization wanting to capitalize on the diverse perspectives IEPs bring," says Rotman's Geeta Sheker. "These professionals enrich their team, and the entire organization."

Business edge participants spend 72 hours in class, learning the unwritten rules by which Canadian workplaces function. Throughout this time, and for several months afterward, they have access to one-on-one coaching.

This is why more than 70 per cent of business edge participants advance their careers within a year of graduating. Smita Kumar, holder of an MBA in marketing, is one of them.

"Business edge helped me understand progressive communication in the Canadian workplace," says Kumar. "Today, I am a client services manager with advertising agency Barrett and Welsh. I feel involved and happy here."

Applications for the next business edge session must be received by Oct. 18. To learn more, phone 416-978-7066 or visit rotman.utoronto.ca.

CENTENNIAL GIVES YOU A HEAD START

ISTOCKPHOTO/THINKSTOCK

Centennial College's heating, refrigeration, and air conditioning technician diploma program has a long title — and a lot to teach you.

To pursue a career as a technician, a designer, or even a salesperson in this field, you must be up-to-date on how machinery is designed, how it works, and how it can be repaired. Enrol in Centennial's program and you will be. While you won't graduate with a licence, you will have a diploma and the knowledge you need to plan your next steps.

If you decide to become a tradesperson following graduation, you will need to seek an apprenticeship. Centennial's program allows you to enter that apprenticeship already familiar with installation and service techniques. You will also understand how refrigerants have been developed, efficiency standards required for heating equipment, and much more.

And if your interest is sales, then this program is all you will need to begin your career.

Centennial's program can also be your pathway to employment in other, related fields. As a graduate, you will be able to seek plumbing, electrical, and pipefitting trade apprenticeships, among others. You can also pursue a career in design, technical support, or as maintenance personnel in a variety of settings.

The heating, refrigeration, and air conditioning technician diploma program is a full-time program, lasting four semesters. Classes begin in September and January, at Centennial's Progress Campus. To learn more, or to inquire about registration, phone Matt Vonarburg at 416-289-5000, ext. 2049, or email tmarshall@centennialcollege.ca.

For more information, visit centennialcollege.ca/Programs.

ATHABASCA UNIVERSITY PHOTO

ISTOCKPHOTO/THINKSTOCK

VIRTUAL LAB OPENS DOORS

ATHABASCA AIMS TO REMOVE BARRIERS TO EDUCATION

Making education accessible to everyone is something Athabasca University takes very seriously, and with its new e-lab launching Nov. 2, this mission will be a reality.

Expanding on the Open University concept, this virtual lab will open the doors to education for students at Athabasca University and the general public.

"Our mission is to remove barriers to educations," says Dr. Evelyn Ellerman, e-lab co-ordinator.

"The university is now exploring questions of how we can help students find and critically evaluate information online, become competent in the use of online technologies for their own learning and research, and connect effectively with one another in asynchronous and synchronous environments. The e-lab is meant to be one means of assisting AU to find the answers to such questions."

This e-lab will serve all the practical functions that physical labs have served in the past, but it also anticipates the future in providing an online environment that encourages new forms of learning and professional growth.

Ellerman hopes this lab will change the relationship between students and education and address the Internet age.

Once the e-lab is complete, it will supply open access, online tools and services for teaching, learning and research to students.

This e-lab has been designed to develop and enhance the university's capacity as an online institution and assist in the transition from a print-based university to one that functions primarily online.

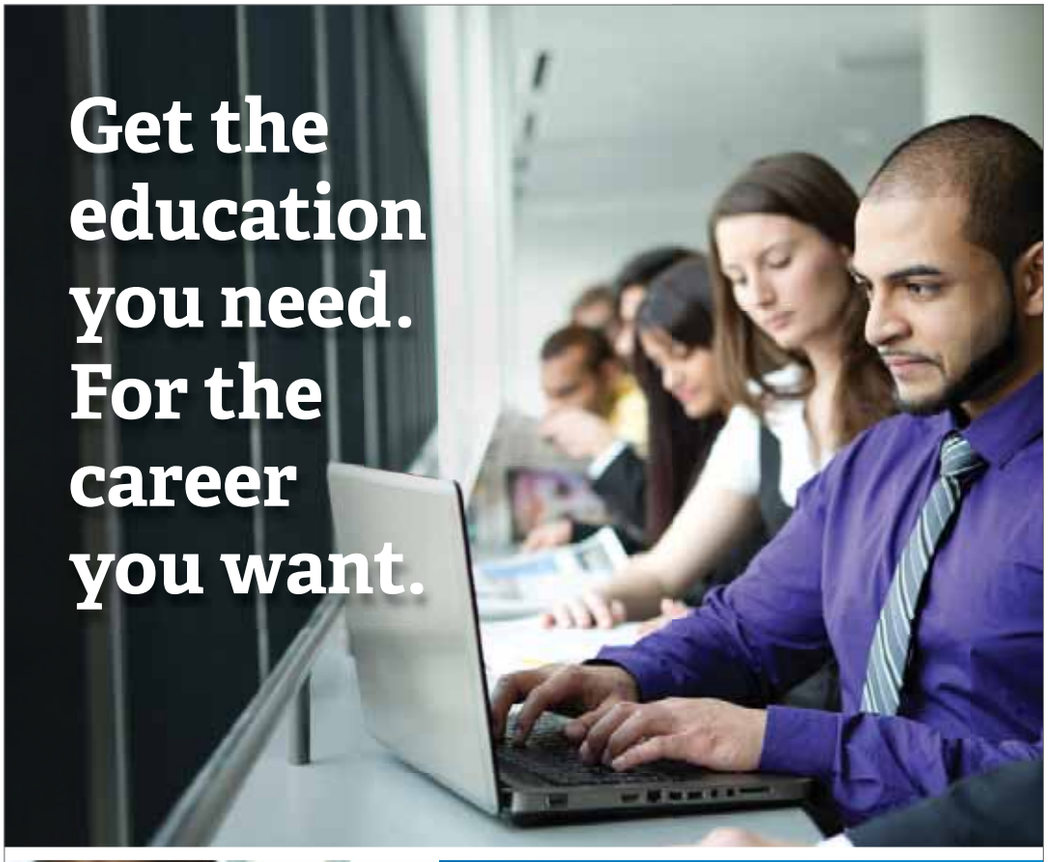
This project began in the communication studies program, and the proposal for the e-lab was approved by the university's IT learning and research committee.

Funding was secured from two levels of government.

The elements of the e-lab will include: E-portfolios; virtual tool cupboard; social media on the landing; self-guided workshops; research projects; exhibitions; and Canadian film online: Funded by the Canadian Heritage, Canadian Film Online, which provides an interactive database of Canadian feature films since 1960.

For more information about the Athabasca University e-lab, visit elab.athabascau.ca.

– with files from Athabasca University



A great education isn't just about gaining knowledge. It's about being able to apply knowledge in the real world in creative and innovative ways. At Sheridan, you'll learn to put your knowledge to work to solve problems, generate ideas, and stand out from the crowd in a competitive job market.

Sheridan offers bachelor's degrees, diplomas, certificates, apprenticeships, post-grad programs and extensive continuing education options.

Sheridan

sheridancollege.ca

BRAMPTON | MISSISSAUGA | OAKVILLE

SPORTS 4

Mobile sports

Qriket

The battle of the sexes has hit the swimming pool. The opening meeting of the World Cup in Dubai on Tuesday will feature 4x50 mixed-gender relays for the first time.

MLB

Jays tough out win over Twins in 10th

Yan Gomes tied the game with a two-out homer in the ninth inning and Anthony Gose won it with a two-out single in the 10th as the Toronto Blue Jays defeated the Minnesota Twins 6-5.

Adeiny Hechavarria singled with one out in the 10th against left-hander Brian Duensing (4-12) on Monday.

The Jays celebrate in the dugout on Monday night at Rogers Centre. GETTY IMAGES

Hechavarria took second on a wild pitch with pinch-hitter J.P. Arencibia at the plate. Arencibia struck out on a ball that got away from catcher Drew Butera.

The catcher's throw hit Arencibia, who was running to first, but it was ruled that he was not running in the proper lane and Arencibia was called out for interference. That prompted an argument by manager John Farrell and his ejection.

But Gose came through with the winning single in the next at-bat while Adam Lind had four hits and two runs batted in for the Blue Jays.

THE CANADIAN PRESS

NFL

Colts' Pagano battling leukemia

Indianapolis coach Chuck Pagano has been diagnosed with leukemia and is expected to be hospitalized six to eight weeks as he undergoes treatment.

He will be replaced on an interim basis by offensive co-ordinator Bruce Arians.

THE ASSOCIATED PRESS

NHL

"What we didn't consider was how our supporters or our fans would feel."

Oilers owner Daryl Katz, who said in a radio interview he never realized threatening to move the team to Seattle would trigger fan anger in Edmonton

Great One sees lockout solution on the horizon

NHL. Gretzky says groundwork laid by 2004 work stoppage should make it easier to come to an agreement

Quoted

"I see them ultimately getting a deal done here and I see them playing hockey this year."

Wayne Gretzky

The Great One is optimistic about the NHL's labour situation.

Wayne Gretzky said Monday that he believes the league's current lockout will end before the Winter Classic between the Detroit Red Wings and Toronto Maple Leafs.

"I believe in my heart, maybe because I'm such a big hockey fan, that they will be playing by Jan. 1," said Gretzky during a question-and-answer period at a panel discussion on personal finance on Monday in Toronto. "I think the hard part of their deal was the last negotiations (in 2004) of players agreeing to a salary cap."

Detroit and Toronto are currently scheduled to play outdoors at Michigan Stadium in Ann Arbour to kick off the new year.

Gretzky was reluctant to analyze the ongoing labour negotiations because he's not directly involved in them.

"The only thing I will say is the commissioner's office and Donald Fehr and the players' association are very smart men, they're both very intelligent," said Gretzky. "It's a matter of sitting down and getting the deal done."

The Hall of Fame centre and former part owner of the Phoenix Coyotes believes that the gap between the league and its players is smaller than in 2004, when the NHL lost an entire season.

"I think that in 2004 we were changing the whole landscape," said Gretzky. "Ownership wanted to have some sort of revenue sharing and once we came to the revenue sharing, the hard part — from my point of view — seems to be out of the way.

"Now it's a question of working out the number that both sides think is fair."

THE CANADIAN PRESS

Wayne Gretzky throws out the first pitch before the Blue Jays' game against the Minnesota Twins on Monday night in Toronto. TOM SZCZERBOWSKI/GETTY IMAGES

CBA negotiation

Core economic issues still off the table: Source

NHL labour talks are set to resume Tuesday morning, with discussions focusing on hockey-related revenue and not the core economic issues that continue to divide the two sides in a league-imposed lockout entering its third week.

A person familiar with negotiations, on Monday, provided details of what was expected to be discussed at the meeting that will be held in New York. The person spoke on the condition of anonymity because the NHL and the NHLPA have not issued an update on talks. The person added there are currently no other meetings planned beyond Tuesday.

Negotiators for the league and players will pick up where they left off after Sunday, when they completed three straight days of discussions.

THE ASSOCIATED PRESS

Raptors GM focused on winning

NBA. Bryan Colangelo excited by this year's new-look Toronto roster

If last season was about developing, Bryan Colangelo says this season is about winning.

The Toronto Raptors held their annual media day Monday in what the team's general manager called a "completely different atmosphere" from last season.

"You go into a season excited about what the prospects are," Colangelo said. "I cannot say that I went into last season excited about what the prospects were."

A young Raptors squad finished 23-43 in the lockout-shortened last season, but expectations weren't nearly as high as they are this time around.

Jonas Valanciunas may be the biggest reason for the optimism. The 20-year-old from Lithuania was Toronto's fifth pick in the 2011 draft, but the Raptors left him in Europe for another season to continue to develop.

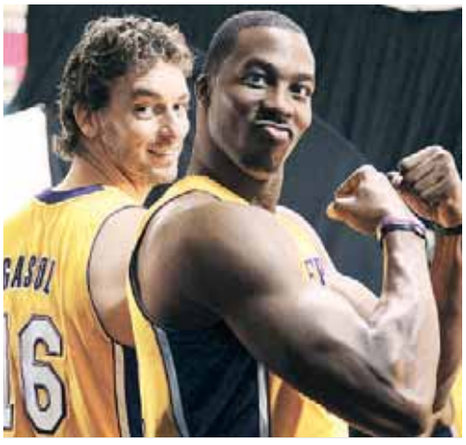
The GM said this year's new-look roster reminds him of the team he assembled in his first full season in Toronto in 2006-07. Andrea Bargnani was a rookie on that squad that went on to win the Atlantic Division and play New Jersey in the first round of the playoffs.

"This team seems to have a lot of those same characteristics," Colangelo said. "It just seems to me, with the newness of the group and the chemistry we've seen, the commitment of the players all coming together, spending a lot of time in Toronto ... there's that feeling there could be something special abut this group but time will tell."

Most of the players have been in Toronto working out for a couple of weeks, but media day — where every player poses for pictures and conducts interviews in what's always an atmosphere of unbridled optimism — was their first official job of the season. They then boarded a flight to Halifax for training camp, which culminates Saturday with an open scrimmage.

THE CANADIAN PRESS

Jonas Valanciunas during Raptors media day Monday in Toronto.
THE CANADIAN PRESS



New powerful pair in La La Land

Los Angeles Lakers Pau Gasol, left, and new addition Dwight Howard pose during their media day Monday in El Segundo, Calif. Two-time NBA MVP Steve Nash, Kobe Bryant and Metta World Peace join Howard and Gasol in Los Angeles' new starting five. REED SAXON/THE ASSOCIATED PRESS

Miami Heat

Spoelstra giving team a break

So far, Miami Heat players have gotten new workout gear and new luggage.

Heat coach Erik Spoelstra has given his team another gift: Afternoons off.

He says the Heat are getting enough work done in one session at this stage of camp. THE ASSOCIATED PRESS

Oklahoma City Thunder

Harden willing to sacrifice on deal

NBA sixth man of the year James Harden hopes he'll reach terms on a contract extension with the Oklahoma City Thunder by the end of the month.

Harden said Monday that he's willing to sacrifice to make it work.

THE ASSOCIATED PRESS

ARE YOU SUFFERING FROM CONSTIPATION WITH ABDOMINAL BLOATING?

Manna Research is conducting a clinical research study (up to 18 weeks) evaluating an investigational drug's safety and efficacy in people suffering from constipation with abdominal bloating.

If you experience fewer than 3 bowel movements per week and abdominal bloating due to chronic constipation you may qualify. Study-related care will be provided at no cost.

To learn more, please call:

MannaResearch @ (416) 740-2895

ULTIMATE DINOSAURS
GIANTS FROM GONDWANA

PRESENTED BY:
RAYMOND JAMES

Experience a new breed of dinosaurs like Giganotosaurus, the T. Rex of the Southern Hemisphere. Bring him to life with augmented reality. And meet more new dinosaurs!

For a limited time, GO riders will receive **$5.00 off** each admission to the Ultimate Dinosaurs: Giants from Gondwana exhibition or $20 off a ROM family membership.

Visit rom.on.ca/dinos and use promo code **GO2DINOS**.

For information, visit **gotransit.com**

ROM Royal Ontario Museum

A Division of METROLINX

416 869 3200
1 888 GET ON GO (438 6646)
TTY 1 800 387 3652

Pour plus de renseignements, veuillez visiter le site gotransit.com ou composer un des numéros ci-dessus.

Offer valid from June 23, 2012 to March 17, 2013, for any online purchase of any ticket type or one-year family membership. Not valid on Friday nights after 4:30 pm. For online purchases, go to the "Buy Tickets" or "Become a Member" area of www.rom.on.ca/dinos and enter promo code GO2DINOS. Cannot be combined with any other offers.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WC
z-New York	93	67	.581	—	—
z-Baltimore	92	68	.575	1	—
Tampa Bay	89	71	.556	4	2½
Toronto	71	89	.444	22	20½
Boston	69	91	.431	24	22½

CENTRAL DIVISION

	W	L	Pct	GB	WC
Detroit	86	73	.541	—	—
Chicago	84	76	.525	2½	7½
Kansas City	71	88	.447	15	20
Cleveland	67	93	.419	19½	24½
Minnesota	66	94	.413	20½	25½

WEST DIVISION

	W	L	Pct	GB	WC
z-Texas	93	66	.585	—	—
Oakland	91	68	.572	2	—
Los Angeles	88	71	.553	5	3
Seattle	73	86	.459	20	18

Monday's results
Toronto 6 Minnesota 5 (10 innings)
Chicago White Sox 11 Cleveland 0
N.Y. Yankees 10 Boston 2
Tampa Bay 5 Baltimore 3
Detroit at Kansas City
Texas at Oakland
L.A. Angels at Seattle
Sunday's results
Cleveland 15 Kansas City 3
L.A. Angels 5 Texas 4
N.Y. Yankees 9 Toronto 6
Baltimore 6 Boston 3
Tampa Bay 6 Chicago White Sox 2
Detroit 2 Minnesota 1
Oakland 5 Seattle 2
Texas 8 L.A. Angels 7
Tuesday's games — All Times Eastern
Chicago White Sox (Peavy 11-12) at Cleveland (Masterson 11-15), 7:05 p.m.
Boston (Lester 9-14) at N.Y. Yankees (Phelps 4-4), 7:05 p.m.
Minnesota (Swarzak 3-5) at Toronto (Jenkins 0-3), 7:07 p.m.
Baltimore (Gonzalez 8-4) at Tampa Bay (Shields 15-9), 7:10 p.m.
Detroit (Fister 10-9) at Kansas City (Guthrie 4-3), 8:10 p.m.
Texas (Harrison 18-10) at Oakland (Blackley 5-4), 10:05 p.m.
L.A. Angels (Haren 12-12) at Seattle (Iwakuma 8-5), 10:10 p.m.
Wednesday's games
Texas at Oakland, 3:35 p.m.
L.A. Angels at Seattle, 6:40 p.m.
Chicago White Sox at Cleveland, 7:05 p.m.
Boston at N.Y. Yankees, 7:05 p.m.
Minnesota at Toronto, 7:07 p.m.
Baltimore at Tampa Bay, 7:10 p.m.
Detroit at Kansas City, 8:10 p.m.
END OF REGULAR SEASON

AL LEADERS

	G	AB	R	H	Pct.
Cabrera Det	158	612	108	199	.325
Mauer Minn	144	535	81	173	.323
Trout LAA	136	546	127	175	.321
Beltre Tex	153	592	95	189	.319
Jeter NYY	156	670	98	213	.318
Hunter LAA	138	528	81	165	.313
Butler KC	158	605	71	189	.312
Fielder Det	159	573	82	177	.309
Cano NYY	158	612	100	187	.306

Not including Monday's games

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WC
x-Washington	96	64	.600	—	—
y-Atlanta	93	67	.581	3	—
Philadelphia	81	79	.506	15	5½
New York	73	86	.459	22½	13
Miami	67	92	.421	28½	19

CENTRAL DIVISION

	W	L	Pct	GB	WC
x-Cincinnati	96	63	.604	—	—
St. Louis	86	73	.541	10	—
Milwaukee	81	78	.509	15	5
Pittsburgh	78	82	.488	18½	8½
Chicago	60	99	.377	36	26
Houston	53	106	.333	43	33

WEST DIVISION

	W	L	Pct	GB	WC
x-San Francisco	93	66	.585	—	—
Los Angeles	84	75	.528	9	2
Arizona	80	79	.503	13	6
San Diego	75	84	.472	18	11
Colorado	62	97	.390	31	24

Monday's results
Philadelphia 2 Washington 0
Pittsburgh 2 Atlanta 1
N.Y. Mets at Miami
Houston at Chicago Cubs
San Diego at Milwaukee
Cincinnati at St. Louis
Colorado at Arizona
San Francisco at L.A. Dodgers
Sunday's results
Philadelphia 4 Miami 1
Cincinnati 4 Pittsburgh 3
Atlanta 6 N.Y. Mets 2
Houston 7 Milwaukee 0
St. Louis 10 Washington 4
San Francisco 7 San Diego 5
Chicago Cubs 7 Arizona 2
L.A. Dodgers 7 Colorado 1
Tuesday's games — All Times Eastern
Atlanta (Hanson 13-9) at Pittsburgh (Correia 11-11), 7:05 p.m.
Philadelphia at Washington (Gonzalez 21-8), 7:05 p.m.
N.Y. Mets (Dickey 20-6) at Miami (Turner 1-4), 7:10 p.m.
Houston (Norris 6-13) at Chicago Cubs (Volstad 3-11), 8:05 p.m.
San Diego (Bass 2-7) at Milwaukee (Thornburg 0-0), 8:10 p.m.
Cincinnati (Latos 13-4) at St. Louis (Carpenter 0-1), 8:15 p.m.
Colorado (Chacin 3-5) at Arizona (Corbin 6-8), 9:40 p.m.
San Francisco (Zito 14-8) at L.A. Dodgers (Capuano 12-11), 10:10 p.m.
Wednesday's games
Atlanta at Pittsburgh, 12:35 p.m.
Philadelphia at Washington, 1:05 p.m.
Houston at Chicago Cubs, 2:20 p.m.
N.Y. Mets at Miami, 4:10 p.m.
Colorado at Arizona, 7:10 p.m.
San Francisco at L.A. Dodgers, 7:15 p.m.
San Diego at Milwaukee, 8:10 p.m.
Cincinnati at St. Louis, 8:15 p.m.
END OF REGULAR SEASON

NL LEADERS

	G	AB	R	H	Pct.
Cabrera SF	113	459	84	159	.346
Posey SF	145	520	77	175	.337
McCutchen Pgh	154	583	107	192	.329
Braun Mil	151	587	105	188	.320
Molina StL	136	498	64	158	.317
Craig STL	117	461	76	143	.310
Wright NYM	153	571	90	175	.306
Jay StL	115	435	69	133	.306
Scutaro SF	153	610	85	186	.305

Not including Monday's games

CFL

WEEK 14

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	13	8	5	0	360	378	16
Toronto	13	7	6	0	317	321	14
Hamilton	13	5	8	0	401	409	10
Winnipeg	13	3	10	0	247	406	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	13	9	4	0	338	249	18
Calgary	13	8	5	0	376	302	16
Saskatchewan	13	7	6	0	341	280	14
Edmonton	13	5	8	0	279	314	10

Friday's results
Hamilton 41 Montreal 28
Calgary 39 Edmonton 15
Saturday's results
Toronto 29 Winnipeg 10
Saskatchewan 27 B.C. 21
WEEK 15
Friday's game — All Times Eastern
Hamilton at Edmonton, 9 p.m.
Saturday's game
Calgary at B.C., 10 p.m.
Monday, October 8
Winnipeg at Montreal, 1 p.m.
Saskatchewan at Toronto, 4:30 p.m.

GOLF

WORLD RANKING

Through Sept. 30

1. Rory McIlroy	Nlr	12.54
2. Tiger Woods	USA	9.58
3. Luke Donald	Eng	9.26
4. Lee Westwood	Eng	7.11
5. Justin Rose	Eng	6.43
6. Adam Scott	Aus	6.36
7. Bubba Watson	USA	6.21
8. Webb Simpson	USA	6.07
9. Brandt Snedeker	USA	5.94
10. Jason Dufner	USA	5.92
11. Steve Stricker	USA	5.70
12. Louis Oosthuizen	SAf	5.63
13. Dustin Johnson	USA	5.51
14. Matt Kuchar	USA	5.39
15. Keegan Bradley	USA	5.36
16. Phil Mickelson	USA	5.14
17. Zach Johnson	USA	5.12
18. Graeme McDowell	Nlr	4.81
19. Sergio Garcia	Esp	4.76
20. Hunter Mahan	USA	4.71
21. Nick Watney	USA	4.56
22. Ernie Els	SAf	4.52
23. Jim Furyk	USA	4.09
24. Bo Van Pelt	USA	4.07
25. Peter Hanson	Swe	4.00
26. Ian Poulter	Eng	3.94
27. Rickie Fowler	USA	3.92
28. Paul Lawrie	Sco	3.89
29. Jason Day	Aus	3.84
30. Charl Schwartzel	SAf	3.79
31. Francesco Molinari	Ita	3.76
32. Martin Kaymer	Ger	3.61
33. Carl Pettersson	Swe	3.58
34. Bill Haas	USA	3.49
35. Nicolas Colsaerts	Bel	3.47
36. Gonzalo Fernandez-Castano	Esp	3.31
37. John Senden	Aus	3.31
38. David Toms	USA	3.08
39. David Lynn	Eng	3.04
40. K.J. Choi	Kor	2.82
41. Robert Garrigus	USA	2.73
42. Thomas Bjorn	Den	2.67
43. Geoff Ogilvy	Aus	2.66
44. Ryan Moore	USA	2.63
45. Fredrik Jacobson	Swe	2.60
46. Martin Laird	Sco	2.59
47. Rafael Cabrera Bello	Esp	2.55
48. Scott Piercy	USA	2.44

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	2	2	0	.500	134	92
N.Y. Jets	2	2	0	.500	81	109
Buffalo	2	2	0	.500	115	131
Miami	1	3	0	.250	86	90

SOUTH

	W	L	T	Pct	PF	PA
Houston	4	0	0	1.000	126	56
Indianapolis	1	2	0	.333	61	83
Jacksonville	1	3	0	.250	62	97
Tennessee	1	3	0	.250	81	151

NORTH

	W	L	T	Pct	PF	PA
Baltimore	3	1	0	.750	121	83
Cincinnati	3	1	0	.750	112	112
Pittsburgh	1	2	0	.333	77	75
Cleveland	0	4	0	.000	73	98

WEST

	W	L	T	Pct	PF	PA
San Diego	3	1	0	.750	100	71
Denver	2	2	0	.500	114	83
Kansas City	1	3	0	.250	88	136
Oakland	1	3	0	.250	67	125

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	3	1	0	.750	66	83
Dallas	2	1	0	.667	47	54
Washington	2	2	0	.500	123	123
N.Y. Giants	2	2	0	.500	111	84

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	4	0	0	1.000	124	76
Tampa Bay	1	3	0	.250	82	91
Carolina	1	3	0	.250	80	109
New Orleans	0	4	0	.000	110	130

NORTH

	W	L	T	Pct	PF	PA
Minnesota	3	1	0	.750	90	72
Chicago	2	1	0	.667	74	50
Green Bay	2	2	0	.500	85	81
Detroit	1	3	0	.250	100	114

WEST

	W	L	T	Pct	PF	PA
Arizona	4	0	0	1.000	91	61
San Francisco	3	1	0	.750	104	65
St. Louis	2	2	0	.500	79	91
Seattle	2	2	0	.500	70	58

WEEK FOUR
Monday's result
Chicago at Dallas
Sunday's results
San Francisco 34 N.Y. Jets 0
New England 52 Buffalo 28
Houston 38 Tennessee 14
San Diego 37 Kansas City 20
Minnesota 20 Detroit 13
Atlanta 30 Carolina 28
St. Louis 19 Seattle 13
Arizona 24 Miami 21
Cincinnati 27 Jacksonville 10
Denver 37 Oakland 6
Green Bay 28 New Orleans 27
Washington 24 Tampa Bay 22
Philadelphia 19 N.Y. Giants 17
Thursday's result
Baltimore 23 Cleveland 16
WEEK FIVE
Thursday's game — All Times Eastern
Arizona at St. Louis, 8:20 p.m.
Sunday, October 7
Philadelphia at Pittsburgh, 1 p.m.
Green Bay at Indianapolis, 1 p.m.
Cleveland at N.Y. Giants, 1 p.m.
Miami at Cincinnati, 1 p.m.
Baltimore at Kansas City, 1 p.m.
Atlanta at Washington, 1 p.m.
Chicago at Jacksonville, 4:05 p.m.
Seattle at Carolina, 4:05 p.m.
Tennessee at Minnesota, 4:25 p.m.
Buffalo at San Francisco, 4:25 p.m.
Denver at New England, 4:25 p.m.
San Diego at New Orleans, 8:20 p.m.
Monday, October 8
Houston at N.Y. Jets, 8:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Kansas City	31	17	7	7	39	25	58
Chicago	30	16	9	5	42	36	53
New York	31	15	8	8	54	44	53
D.C. United	31	15	10	6	48	40	51
Houston	31	13	8	10	44	37	49
Columbus	31	14	11	6	39	39	48
Montreal	31	12	15	4	44	49	40
Philadelphia	29	8	15	6	31	36	30
New England	31	7	16	8	37	43	29
Toronto	31	5	19	7	35	59	22

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-San Jose	31	18	6	7	65	39	61
x-Real Salt Lake	31	16	11	4	44	34	52
x-Los Angeles	31	15	11	5	55	43	50
x-Seattle	30	13	7	10	45	31	49
Vancouver	31	10	12	9	31	40	39
Dallas	31	9	12	10	38	41	37
Colorado	31	9	18	4	39	46	31
Portland	31	7	15	9	32	52	30
Chivas USA	30	7	16	7	21	49	28

x — clinched playoff berth.
Sunday's result
Los Angeles 1 Colorado 1
Saturday's results
Seattle 0 Vancouver 0
New York 4 Toronto 1
Columbus 3 Philadelphia 2
Dallas 3 San Jose 3
D.C. United 1 Portland 1
Houston 2 New England 0
Real Salt Lake 4 Chivas USA 0
Wednesday's games — All Times Eastern
Philadelphia at Chicago, 8:30 p.m.
Chivas USA at Vancouver, 10 p.m.
Saturday's games
D.C. United at Toronto, 1 p.m.
Chicago at New York, 3:30 p.m.
New England at Philadelphia, 7 p.m.
Montreal at Houston, 8:30 p.m.
San Jose at Colorado, 9 p.m.
Real Salt Lake at Los Angeles, 9 p.m.

NASL

PLAYOFFS

FIRST ROUND
Byes: San Antonio (1) and Tampa Bay (2)
Quarter-finals
(single-game elimination)
Sunday's result
Minnesota (5) 2 Puerto Rico (4) 1
Saturday's result
Carolina (3) 3 Fort Lauderdale (6) 1
SECOND ROUND
Semifinals
(two-game, total goals)
SAN ANTONIO (1) VS. MINNESOTA (5)
Saturday's game — All Times Eastern
San Antonio at Minnesota, 8:30 p.m.
Sunday, Oct. 14
Minnesota at San Antonio, 7 p.m.
TAMPA BAY (2) VS. CAROLINA (3)
Saturday's game
Tampa Bay at Carolina, 7 p.m.
Saturday, Oct. 13
Carolina at Tampa Bay, 7 p.m.
THIRD ROUND
Championship
(two-game, total goals)
Semifinal Winners, TBD

TENNIS

ATP RAKUTEN JAPAN OPEN

At Tokyo
Singles
First Round
Tomas Berdych (2), Czech Rep., def. Benoit Paire, France, 6-1, 7-6 (6).
Stanislas Wawrinka (7), Switzerland, def. Hiroki Moriya, Japan, 7-5, 4-6, 6-4.
Lukas Lacko, Slovakia, def. Albert Ramos, Spain, 6-0, 6-2.
Viktor Troicki, Serbia, def. Robin Haase, Netherlands, 6-2, 6-3.

ATP-WTA CHINA OPEN

At Beijing
MEN
Singles — First Round
Marius Copil, Romania, def. Marin Cilic (4), Croatia, 3-6, 7-6 (0), 6-4.
Alexandr Dolgopolov (6), Ukraine, def. Guillermo Garcia-Lopez, Spain, 6-0, 6-4.
Sam Querrey, U.S., def. Fernando Verdasco (8), Spain, 5-7, 6-3, 6-4.
Florian Mayer, Germany, def. Fabio Fognini, Italy, 6-1, 6-2.
Zhang Ze, China, def. Wu Di, China, 6-4, 6-1.
Carlos Berlocq, Argentina, def. Marinko Matosevic, Australia, 3-6, 6-2, 6-3.
Kevin Anderson, South Africa, def. Brian Baker, U.S., 5-7, 6-3, 6-1.
WOMEN
Singles
First Round
Victoria Azarenka (1), Belarus, def. Alize Cornet, France, 6-1, 6-0.
Maria Sharapova (2), Russia, def. Simona Halep, Romania, 7-5, 7-5.
Lara Arruabarrena-Vecino, Spain, def. Zheng Jie, China, 6-2, 6-4.
Sabine Lisicki, Germany, def. Anabel Medina Garrigues, Spain, 6-3, 5-7, 6-2.
Polona Hercog, Slovenia, def. Anastasia Pavlyuchnkova, Russia, 5-7, 6-4, 3-0, retired.
Sorana Cirstea, Romania, def. Sofia Arvidsson, Sweden, 6-2, 6-3.
Second Round
Carla Suarez Navarro, Spain, def. Petra Kvitova (4), Czech Rep., 6-3, 6-2.
Caroline Wozniacki (10), Denmark, def. Chanelle Scheepers, South Africa, 7-5, 6-7 (6), 6-2.
Ana Ivanovic (11), Serbia, def. Varvara Lepchenko, U.S., 4-6, 7-5, 6-1.
Elena Vesnina, Russia, def. Tamira Paszek, Austria, 7-6 (5), 6-2.
Peng Shuai, China, def. Yaroslava Shvedova, Kazakhstan, 5-7, 7-5, 6-2.

CRICKET

WORLD TWENTY20

SUPER EIGHTS

GROUP ONE
Monday's results
At Pallekele
West Indies 139 def. New Zealand 139-7, in one-over eliminator
Sri Lanka 169-6 def. England 150-9 by 19 runs
GROUP TWO
At Colombo
Sunday's results
Australia 147-2 def. South Africa 146-5 by eight wickets.
India 129-2 def. Pakistan 128 by eight wickets
Tuesday's matches
Australia vs. Pakistan
India vs. South Africa**Tuesday's matches**
Australia vs. Pakistan

Don't waste your money.
Here are some items that show
FRESHCO. is
CHEAPER

FreshCo.com
FRESHCO.
Fresher. Cheaper.
These receipts show identical items that were purchased at each respective store. The items we've selected include commonly purchased products. The specific store locations, dates, and times at which the purchases were made are shown on each receipt.

What's needed for a turnaround?

After another summer of roster machinations, and coming off another non-playoff season, the Raptors get down to serious business in Halifax when training camp begins Tuesday. Here's a look at what's ahead:

TORSTAR NEWS SERVICE

Photos by Torstar News Service/The Canadian Press/Getty Images

1 How good is Bargnani's best?

As one official with the team said recently, "we need our best player to be our best player" and that's aimed directly at Andrea Bargnani.

He got off to a superb start a year ago but the season went off the rails thanks to a calf injury.

2 Upswing needed from swingman

Entering his fourth season, it's time for the swingman to, as they say, take his game to the next level.

Better ball-handling skills, more consistent shooting and better defence are the areas that need the most improvement.

3 Building beyond the brickwork?

The Raptors were vastly improved defensively a year ago but regressed on offence. A lot of that had to do with the extended absence of Bargnani, their leading scorer, but they need to shoot better, get to the rim more often and find ways to score easy baskets in transition.

4 A season for Casey to make his case

Dwane Casey proved last year he was the right man for the head coaching job; he was able to connect with players and get improvement in most areas.

This will be his first full training camp and pre-season and it'll be interesting to see what new wrinkles he can come up with.

5 How will Fields function in T.O.?

Landry Fields, the team's most significant free-agent pick up in the off-season, showed in his rookie year that he can make shots but his second season in New York was dreadful.

The best guess is that he will settle in somewhere in between.

AHL

Marlies see bump in tickets sales

Maybe Toronto is a hockey town after all.

The Marlies, the American Hockey League farm team of the locked-out Leafs, have seen a surge in season-ticket sales and are expecting a 15 per cent increase in attendance this season, which opens at home on Oct. 13.

"The growth of our ticket base hasn't slowed down since our playoff run," said Mike Cosentino, director of business operations for the Marlies.

Season-ticket sales are up 74 per cent from last year, he said, when the Marlies won the AHL North Division with an impressive 44-24-5-3 record and reached the Calder Cup final, getting swept by the Norfolk Admirals.

TORSTAR NEWS SERVICE

Service Directory

To advertise contact Ian March at 416-443-4388

FINANCIAL

OVERWHELMED BY DEBT?
CALL THE Licensed Debt Professionals™
GET OUT OF DEBT!
- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

David Sklar, C.A., CIRP, Trustee
FREE Consultation 310-9200
(NO AREA CODE NEEDED)
DAVID SKLAR & ASSOCIATES INC.
Licensed Proposal Administrators & Trustee in Bankruptcy
HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON
For more information visit us online at www.DavidSklar.com

LOOKING TO MAKE A CAREER CHANGE?
Read metrowork every Monday & Wednesday.

MORTGAGE INTELLIGENCE INC.
Declined by the Banks? TRY US!!
Access to OVER 30 LENDERS!!
5 YR FIXED RATES STARTING AT 2.99%* OAC.
*Conditions apply
Rohit Dhawan, AMP, Mortgage Broker FSCO Lic# M08001358
416-816-4444 or rohit.dhawan@migroup.ca
FSCO# 10428, Central Office: 5770 Hurontario St., Suite 600, Mississauga, ON. L5R 3G5

PFS Need a loan?
Bankrupt? Proposal? Bruised Credit?
Get the LOWEST rates for bad credit personal loans in the GTA
- Car paid off - up to $20,000 (6 years or newer)
- Personal Loan up to $5,000 (1 year on job; $16/hr. min.req.)
- We help repair your credit!

Prudent Financial Services
416-634-2013
PrudentLoanApprovals.com

MORTGAGE APPROVED!
- 1st and 2nd Mortgage for any purpose.
- Refinance to 87%. Purchase to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good and bad credit are welcome!
- Behind in Mortgage Payments?

WE CAN HELP!
HOMELAND MORTGAGE
416-519-3505
OR 647-273-5626
WWW.HOMELANDMORTGAGE.ORG
License # 11991

DEBT
:(
When you can't stand it anymore
:)
GearyandCompany.com
Trustee in Bankruptcy
416 927 7200
free consult

DEBT RELIEF
Are you drowning with debts?
Let us help you:
- consolidate debts, low monthly payments
- settle your debts without a bankruptcy
- reduce the amount to pay back, no interest
- stop harassing creditors and collection calls

Nona Kumar
Estate Administrator
Credit Counsellor

RUMANEK & CO. LTD.
Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements:
Head Office in North York, ON.
Offices in Scarborough & Mississauga.
Tel: 416-665-DEBT
Free Confidential Consultation
Call Direct Line:
416-455-7709

NEED MONEY?
✓No credit checks
✓Fast approvals
Call 1866 499-5629
And get cash now!!
www.mynextpay.com

NEED A RIDE?
Read metrodrive every Wednesday.

Apartment Finder

To advertise contact Ian March at 416-443-4388

FACING DUNDAS WEST SUBWAY STATION
BACHELOR FROM $799
1 BDRM FROM $989
2 BDRM $1,399
A/C / Indoor Pool / Indoor Mall Management On-site
24hrs security / Utilities Incl.
2340 Dundas St. West
416-532-3331

NEED COOL DESIGN TIPS?
Read metrohome every Thursday.

HELP WANTED

Office Help

Call Centre Sales Agents Needed! **VOXDATA** is having walk-in Interviews every Monday-Friday between the hours of 11am-1pm. Bring in a copy of your resume, your SIN card and a photo ID. We are located at 20 York Mills Rd, 4th Floor above the York Mills subway station. **(416) 224-8482 for inquiries.**

oasis

If you are an **ODSP recipient** and you want to join the workforce (full time, part time, casual) to supplement your income, we can help you find a job. For more information, please call: **416-461-7739** www.oasismovement.org

Education

CCE offers Language Classes at $7/h
ESL, French, Spanish, Business English, etc.
TOEFL, IELTS. Low fees! (Wellesley Subway)
www.ccet.ca 416-926-0540

LAW OF ATTRACTION Webinar Workshop October 9, 16 & 23!
Learn the "Secret Formula" Used by the RICH to Guarantee Wealth, Luck , Happiness, Romance
Space Limited! Register Now!
To Register Call: 416-988-1676

RESUMES, COVER LETTERS
97% SUCCESS RATE
416-752-0707
www.resumesforsuccess.org

$ SUCCESS SECRETS $ REVEALED!
Ancient Money-Making Secrets Used by the RICH to Create Happiness, Wealth, Luck, Romance
FREE CD tells all!
Call Now: 905-313-8174

General Help

15 CUSTOMER SERVICE POSITIONS
Training provided to candidates.
$650-$850/week to start. Call for interview.
125 Norfinch Dr, Suite 207 416-901-6672

Skilled and Technical Help

UNITED DRIVER SERVICES
IMMEDIATE OPENINGS - AZ DRIVERS
• 3 - USA Hwy Drivers • 20 City Drivers • 10 Ontario Hwy Drivers
Afternoon & Midnight Shifts
• 5 Flat Bed Drivers
Min. 2 Years Experience
Call 416-675-2141 Ext 223

REAL ESTATE

Houses For Sale

TTQ KIM NGUYEN
SALES REPRESENTATIVE
RE/MAX
West Realty Inc. Brokerage
Independently Owned & Operated
BUY-SELL
RESIDENTIAL & COMMERCIAL
kimnguyenrealestate@gmail.com
Cell: 416-880-6464
Fax: 416-588-3364

AUTOMOTIVE

Cars & Trucks Wanted

*** We Pay $100-$5000 ***
For YOUR scrap Cars & Trucks!
Call 647-705-9416
FREE TOWING

We Pay $150 to $5000 for Scrap Cars, Vans, Trucks & Cube Vans
24/7 and FREE TOWING
416-419-3300

Gotta old couch you wanna get rid of?
Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

Houses For Sale

Attention Realtors!
Want to reach over 530,000 daily Metro News readers? Advertise your listings with Metro Classifieds.

1 Listing
Starting as low as
$52 per day

Call 1-800-527-6767 to place your ad now!

SERVICES

Financial

DO YOU HAVE LOCKED-IN PENSION MONEY?
You can have your money from a former pension if you are in financial problems.
(416)832-4468
Pension Benefits Claims

Health Practitioners

ROYAL COLLEGE MEDICAL CENTRE
295 College St. @Spadina
FAMILY DOCTOR ACCEPTING NEW PATIENTS
For appointments call:
416.925.5511
PHARMACY & REHAB ON SITE
No $2 Co Pay for ODB recipients
Free delivery in the GTA
FREE PARKING

like us metro

Financial

Tired of going to the cottage?
Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

Financial

Public Cash Services. Send money overseas, for less.

Get low rates on transfers to India, Philippines, the U.S. and more. Plus, get your first transaction free! Offer ends October 16.

Public CASH SERVICES™ Money Transfers • Cheque Cashing Prepaid MasterCard® • Bill Payments

Each location offers different services, so call us at 1-855-4PUBLIC (1-855-478-2542) or visit us at www.publiccashservices.ca for details.

Sharability

Psychics

Indian Famous Astrologer
Pandit: R K Balaji
Business, Love, Marriage
Education, Job, Money,
Husband-Wife Prob., Sexual
Children,Sickness,Depression Etc
Removes Black Magic, Bad Luck, Evils, Jadoo & Gives 100% Protection
647-769-9911

DIVYA JYOTHI ASTRO CENTRE
COMPUTER HORROSCOPE Pandit: RAVI
Give me your date of birth .....
Time of Birth .....
Place of Birth .....
I will give Horoscope & Marriage Matching Chart
HE IS SPECIAL IN REMOVING & DESTROYING BLACK MAGIC, JUDO, VOODOO, WITCHCRAFT, OBEAH & BAD LUCK AND GIVE PROTECTION
If you have trouble, 'I have solution'
647-621-4859
E.Mail: djyothi17@gmail.com
(Brimley & Lawrence)

Psychics

Unique Spiritual Healer
Pandit: Shivaram
The Pandit is Expert in treating Black Magic, Voodoo, Jadoo, Evil Spirits, Obeau & Bad Luck.
Solves Problems like Love, Money, Family, Health, Children, Jealousy
Job Etc. Hand Reading Only for $5
100% Results
647-740-6050
(Albion & Islington)

Gold Medalist Tantric
Master: Shiva Ram Baba
LOVE PSYCHIC
25 Years Experienced
Your one call can Change your Future
Quick Results Within 48 Hours
Specialist in Bringing Back Loved ones
"Finance "Stop Divorce "Drinking Problems, Depression" Childless Couples "House Protection
100% Guarantee He is Genius & Master in Removing Black Magic, Evil Spirits and Bad Luck
647-534-6175
(Pharmacy & Finch) and (Kennedy & Eliasmere)

Psychics

Shiva Astrological Bureau
Pandit Shiva Vishnu Baba
Suggestions: * Money * Family * Love * Job * Court * Kids Etc
Solutions: * Black Magic * Jadoo * Obeau * Voodoo * Bad Luck
100% Guarantee, All Religions Welcomed
416-843-3563
(Markham & Lawrence, Inside Best Deals)

Indian Famous Astrologer
Mr Jagadish
Pandit is specialist in all kinds of Astrology
He solves your all problems
Marriage, Business, Job, Enemy, Sexual, Family, Children Health, Love, Depression, Obaau, Vodoo etc.
100% Guarantee
I CAN HANDLE ANY PROBLEM
Remove Black Magic and Bad Luck in 2 Days and gives immediate protection
All Religious Welcomed
647-532-8224
1290 Finch Ave. W, North York (Keele & Finch)

Psychics

World Famous Spiritualist
Pandit: MAHA DEVA
He can Handle Impossible Problems
Solutions & Advises on:
Marriage, Love, Education
Kids, Health, Job, Business, Court, Money, Sexual, Divorce, Enemy
Family Prob., Property Etc
Removes Black Magic,Witchcraft,Evil Spirit, Obeya, Jadoo & Gives 100% Life-Long Protection
647-709-6677
(Markham & Eglinton)

Mr. IBRAHIM
AFRICAN PSYCHIC MEDIUM
I can help you out of despair.
Reunite lovers forever
Happy Marriage.
Stop divorce, stress & depression.
Success in business.
Court cases.
Protection against evil.
Remove bad luck.
Hopeless cases.
OVER 27 YEARS EXPERIENCE
QUICK RESULTS
BY APPT. 416-783-3910

Psychics

Unique Fortune Teller
Pandit: VALMIKI
The Pandit is Specialist in Removing Black Magic, Voodoo, Jadoo, Evil spirits, Obeya,Bad Luck & Gives Protection
Solves Problems Like Love, Money, Job Family, Health,, Children, Jealousy Etc
Hand Reading $5 Only
Problems...? Yes , Giving 100% Gauranteed Results
416-846-2383
2646 & 2657 Islington Ave. Etobicoke
(Star Restaurant upstairs, Albion & Islington)

Psychics

Psychics

CLASSIFIEDS CUSTOMER SERVICE: 1 800 527-6767 – MONDAY TO FRIDAY 8:30 AM TO 6:00 PM (ATL) Metro requests that advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will not be responsible for any error other than an incorrect insertion due to any act or omission of Metro. In any event Metro will only be responsible for one incorrect insertion of any particular ad regardless of the number of times such ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the Customer for a single publication of the advertisement in the space the ad is run. In no event shall Metro be liable for any non-insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to classify all advertisements.

Horoscopes

♈ Aries
March 21 - April 20
There is no point being obsessed by perfection because you will never reach it, nor is it actually desirable to do so. You are a human being and that means you will always make mistakes. Find ways to enjoy them.

♉ Taurus
April 21 - May 21
Don't tie yourself down today. Make sure you are free to come and go as you please. Independence is precious, and if you give other people the power to meddle in your affairs, they will certainly misuse it.

♊ Gemini
May 22 - June 21
You must stick to the facts today. If you stray even a little bit from what you know to be true, it will give your rivals the opening they have been waiting for. Facts are sacred — opinions are two-a-penny.

♋ Cancer
June 22 - July 23
Start putting together a wish list because what happens towards the end of the week will make you realize that all things are possible. This is no time for doubts. Go for everything you can get.

♌ Leo
July 24 - Aug. 23
No matter what a friend or colleague tells you today and no matter how passionate they appear to be, you can bet that they have got it completely wrong. If you play their game it will cost you.

♍ Virgo
Aug. 24 - Sept. 23
The planets indicate that if you make an extra special effort over the next few days, you will enjoy success beyond your wildest dreams — and some of your dreams ARE pretty wild! Believe in yourself and be patient.

♎ Libra
Sept. 24 - Oct. 23
No goal is beyond you. You need to start really believing that because until you do, you will continue to fall short of your dreams. Think not just big but huge today.

♏ Scorpio
Oct. 24 - Nov. 22
Cosmic activity in and around the most sensitive area of your chart urges you to consider alternative explanations to everyday events. Could there be some kind of conspiracy going on? Make it your business to find out.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't let well-meaning friends and relatives talk you out of doing what you know has got to be done. Make whatever sacrifices are necessary and keep in mind that the efforts you make are an investment, not an expense.

♑ Capricorn
Dec. 22 - Jan. 20
Do you have the common sense to identify what your current problem is? Yes you do. Do you have the courage to put it right? That remains to be seen. You're halfway there. All you have to do is keep going.

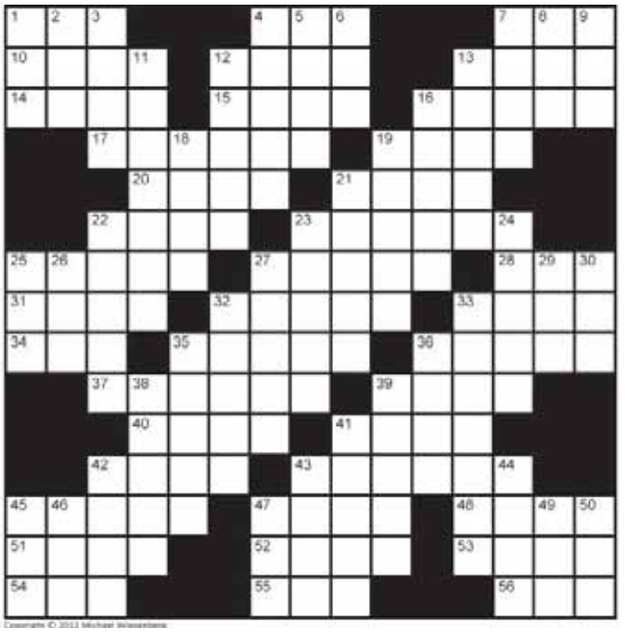
♒ Aquarius
Jan. 21 - Feb. 19
Focus on what is important and ignore everything else. If you allow your mind to wander today, it may be a long time before you can get it back on track. You know what the main issue is, so stick with it.

♓ Pisces
Feb. 20 - March 20
You are on the cusp of a heart-warming phase but there is something you still need to do before you can "let yourself go". You need to resolve a conflict of some kind. Be the one who makes the peace.

SALLY BROMPTON

Three PMs

BY MICHAEL WIESENBERG



Across
1. Request
4. Dampen
7. Taxi
10. William Lyon Mackenzie ___: 10th Prime Minister
12. "___ be of service?" (2 wds.)
13. For ___ sign
14. Additive to shampoo and shaving cream
15. Corrida cries
16. ___ Leaf
17. Cakes often made with ground nuts
19. Bathroom flooring material
20. Stadium shouts
21. Pop
22. Henhouse yield
23. World's second largest country
25. BMW subcompact models that once had the Cooper name
27. Birds of peace
28. Sesame Street viewer, typically
31. Opera set on the Nile
32. Capricious escapade
33. Sky color
34. ___ de Janeiro
35. Peeled
36. Come to understand
37. Calgary NHL team
39. Pots and ___
40. Angered
41. "Frankly, my dear, I don't give a ___"
42. Highway or bridge fee
43. Leader of 23-Across
45. Saltwater
47. Need
48. Greek garb
51. Points a gun
52. Teeny
53. Frog's land-based cousin
54. Belly muscles, for short
55. Golf stand
56. Canadian pols

Down
1. Alias
2. _'__ vous plait
3. Slip, top, or granny
4. Land on the Irish Sea
5. Potato buds
6. "___ the season to be jolly"
7. Nova Scotia's ___ Breton Island
8. Everything
9. Spelling competition
11. The Gulf Islands are in BC's Strait of ___
12. Butterfly relatives
13. Caesar or Waldorf
16. Gold-loving king
18. From ___ to riches
19. Laser printer need
21. "___ by the bell!"
22. At the ___ one's rope: desperate (2 wds.)
23. Deals (with), as a problem
24. Map book
25. Cause surface damage to
26. 3 on a sundial
27. Had the courage to try
29. Beginning of the Lord's Prayer
30. Start of a countdown
32. Animal with a hump
33. R.B. ___: 11th Prime Minister (1930-35)
35. "Ici on ___ français"
36. Bedside light
38. BC CFL Team
39. Liberal or Conservative ___
41. *Inferno* author
42. Canada's quintessential coffee and donut place, familiarly
43. Loathe
44. Apartment division
45. Sheep cry
46. Cut of meat that's often barbecued
47. One skilled at repartee
49. Credibility ___: knowledge disconnect
50. Personals

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

1			9	5	8			7
					2	8		
	6	2	3			1		
4	2		5		1	7		6
5								8
3		1	4		6		2	5
		8			5	3	9	
		3	6					
2			8	3	9			1

Yesterday's Sudoku

Today 18°/15° Showers 40%
Wednesday 21°/14° Showers 60%
POINTCAST™ Get Your 1km Weather www.theweathernetwork.com/pointcast
©The Weather Network 2012

DEPRESSED?
If you are currently depressed and 18 - 65 years old, you may be eligible to participate in a novel study on using *low dose medication* to enhance the body's own natural brain chemistry.
For information, visit: AntidepressantTrial.com, or call our Clinical Trials Office:
416.340.4800 EXT 8839
No compensation provided
University Health Network

We are currently hiring experienced retail or hospitality managers in Toronto!
OPPORTUNITIES INCLUDE:
Store Managers
Assistant Store Managers
Apply online www.starbucks.ca/careers
Starbucks is an equal opportunity employer committed to hiring a diverse work team.

FLIGHT CENTRE® Unbeatable
Fort Lauderdale Long Stay, Air + 21 Nights
$1389
Hollywood Beach Resort Cruise Port incl $1262 base + $127 taxes & fees
INCLUDES resort-style accom near Hollywood Beach.
Departs Nov 13/ggv/ac.
1 877 923 2248 | flightcentre.ca
Conditions apply. Ex.Toronto. Package, cruise, tour, rail & hotel prices are based on double occupancy for total length of stay, unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ggv=gogo vacations, ac=air canada. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384
tico.ca

UNIVERSITY OF TORONTO **SCHOOL OF CONTINUING STUDIES**

Earn more.

Eugene Sharov

Student, Certificate in Business Communication and a Senior Analyst for a major Canadian bank.

"Entering the working world, after earning my IT degree, demonstrated that I was missing essential tools needed to succeed - business and people skills. The School is a perfect place to catch up on those tools."

From Arts to Business, Creative Writing to Languages, we offer hundreds of courses to enhance your skills and enrich your life.

Classes are available online and in-class at U of T St. George, U of T Mississauga, and U of T Scarborough. For a course catalogue or to register, call **416-978-2400** or visit us at:

www.learn.utoronto.ca

UNIVERSITY OF TORONTO
SCHOOL OF CONTINUING STUDIES